

# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Thu - 11/01/2018              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken, popcorn^             | 4 oz         | 1400      | 237         | 0           | 511       | 1.45      | 2.77      | 73.6      | 126        | 0.05       | 2          | 17.91     | 18.45    | 9.64      |
| b&b half sandwich( whlgrain)^ | 1 each       | 1400      | 130         | 0           | 185       | 2.00      | 0.72      | 40.0      | 260        | 0.0        | 2          | 4.0       | 16.0     | 6.5       |
| breakfast sandwich^           | 1 each       | 800       | 283         | 143         | 591       | 3.00      | 2.55      | 218.0     | 236        | 0.0        | *1         | 18.14     | 22.23    | 12.93     |
| Lion Cub Meal^                | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| mixed veggies, frozen^        | 1/2 cup      | 900       | 44          | 0           | 18        | 1.78      | 0.00      | 17.8      | 889        | 2.13       | 4          | 0.89      | 9.78     | 0.0       |
| fresh veggie mix              | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| fresh fruit salad^            | 1/2 cup      | 1500      | 39          | 0           | 6         | 0.86      | 0.24      | 9.9       | 625        | 19.89      | 9          | 0.6       | 9.81     | 0.18      |
| dressing ranch light^         | 2 TBSP       | 900       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                      | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                      | 1 TSP        | 200       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^            | 1 EACH       | 500       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| dressing honey mustard^       | 2 TBSP       | 200       | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| Weighted Daily Average        |              |           | 550         | 59          | 1106      | 5.99      | 4.19      | 480.3     | 2966       | 35.73      | *29        | 27.69     | 68.48    | 18.66     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *20.8%     | 20.1%     | 49.8%    | 30.5%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 11/02/2018             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| corn dog, mini^              | 6 each       | 1500      | 271         | 40          | 412       | 5.03      | 1.81      | 150.8     | 0          | 0.0        | 5          | 10.05     | 30.16    | 12.06     |
| pretzel & cheese sauce^      | serving      | 500       | 241         | 31          | 565       | 2.62      | 1.57      | 240.5     | 427        | 1.05       | 2          | 12.06     | 28.4     | 9.23      |
| Lion Cub Meal^               | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potato wedge                 | 2 EACH       | 1800      | 178         | 0           | 391       | 2.67      | 0.68      | 10.3      | 0          | 4.7        | 0          | 0.89      | 23.11    | 8.89      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| strawberries fresh^          | 1/2 cup      | 1500      | 29          | 0           | 1         | 1.81      | 0.37      | 14.5      | 11         | 53.34      | 4          | 0.61      | 6.97     | 0.27      |
| dressing ranch light^        | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                     | 1 tbsp       | 750       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | TSP          | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^           | 1 EACH       | 500       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| honey dijon mustard dressing | 2 TBSP       | 50        | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| Weighted Daily Average       |              |           | 556         | 43          | 1107      | 8.39      | 3.42      | 465.9     | 2090       | 57.66      | *23        | 18.52     | 74.02    | 20.76     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *16.8%     | 13.3%     | 53.2%    | 33.6%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Mon - 11/05/2018          |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| hamburger on a bun^       | 1 each       | 800       | 300         | 30          | 510       | 4.00      | 3.60      | 240.0     | 100        | 1.2        | 5          | 20.0      | 33.0     | 11.0      |
| grilled cheese: 4 sl^     | 1 EACH       | 550       | 761         | 54          | 1532      | 4.00      | 1.54      | 392.0     | 2508       | 0.0        | *4         | 20.56     | 32.9     | 62.49     |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 600       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| baked beans^              | 1/2 cup      | 900       | 162         | 0           | 559       | 5.19      | 2.01      | 47.1      | 151        | 1.22       | 17         | 7.32      | 37.2     | 0.0       |
| fresh veggie mix          | 1/2 cup      | 1500      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| apple fresh sliced in bag | 1/2 cup      | 1500      | 14          | 0           | 0         | 0.66      | 0.03      | 1.6       | 15         | 1.26       | 3          | 0.07      | 3.8      | 0.05      |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 500       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| pickle slices^            | 2 EACH       | 1000      | 0           | 0           | 90        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average    |              |           | 548         | 36          | 1214      | 6.61      | 3.64      | 529.5     | 2996       | 28.44      | *28        | 23.05     | 65.63    | 22.97     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *20.7%     | 16.8%     | 47.9%    | 37.7%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                           |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|---------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Tue - 11/06/2018          |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
| Linn-Mar Elementary Lunch | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| chicken noodle soup^      | 8 oz    | 1200 | 89      | 28 | 713  | 0.58 | 0.54 | 9.7   | 30   | 0.66  | *0     | 9.99  | 5.58  | 3.01  |
| mini saltine crackers     | pouch   | 1200 | 50      | 0  | 60   | 1.00 | 0.36 | 20.0  | 500  | 0.0   | 0      | 1.0   | 7.0   | 1.5   |
| Pig in a blanket (19)     | 1 each  | 900  | 240     | 35 | 690  | 1.50 | 0.36 | 0.0   | 0    | 0.0   | 1      | 9.0   | 15.5  | 16.0  |
| Lion Cub Meal^            | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 600  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| peas and carrots^         | 1/2 cup | 1000 | 4       | 0  | 5    | 0.27 | 0.06 | 5.3   | 889  | 10.67 | 0      | 0.09  | 0.36  | 0.0   |
| fresh veggie mix          | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| mandarin oranges^         | 1/2 cup | 1500 | 90      | 0  | 10   | 1.00 | 0.36 | 20.0  | 1250 | 27.0  | 22     | 1.0   | 23.0  | 0.0   |
| dressing ranch light^     | 2 TBSP  | 1200 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 600  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                  | 1 TSP   | 300  | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average    |         |      | 424     | 41 | 1075 | 4.02 | 2.16 | 379.0 | 3312 | 43.04 | *31    | 18.58 | 56.55 | 13.93 |
| % of Calories             |         |      |         |    |      |      |      |       |      |       | *29.2% | 17.5% | 53.3% | 29.6% |
| Nutrient Guideline        |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                            | Portion Size     | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| <b>Wed - 11/07/2018</b>    |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch  | Total            | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| pizza crunchers^           | 4 piece ser ving | 1200      | 420         | 30          | 790       | 5.00      | 2.15      | 426.0     | 480        | 1.87       | 3          | 20.0      | 41.0     | 20.0      |
| ham/cheese w pretzel roll^ | 1 each           | 400       | 262         | 43          | 471       | 3.00      | 2.18      | 107.8     | 136        | 0.59       | *2         | 15.49     | 29.72    | 9.14      |
| Lion Cub Meal^             | 1 Each           | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^            | 4 oz             | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^       | 1 each           | 1100      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| sweet potato fries^        | 4 oz             | 1600      | 200         | 0           | 250       | 2.00      | 0.36      | 20.0      | 3000       | 6.0        | 8          | 1.0       | 26.0     | 10.0      |
| fresh veggie mix           | 1/2 cup          | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| pineapple chunks^          | 1/2 cup          | 1100      | 65          | 0           | 0         | 0.82      | 0.29      | 16.4      | 82         | 9.81       | 16         | 0.82      | 17.99    | 0.0       |
| dressing ranch light^      | 2 TBSP           | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                   | 1 tbsp           | 800       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                   | 1 TSP            | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average     |                  |           | 552         | 32          | 957       | 6.44      | 2.85      | 442.2     | 3947       | 31.34      | *24        | 19.15     | 70.46    | 22.11     |
| % of Calories              |                  |           |             |             |           |           |           |           |            |            | *17.6%     | 13.9%     | 51.1%    | 36.0%     |
| Nutrient Guideline         |                  |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
|------------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|
| <b>Thu - 11/08/2018</b>      |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch    | Total   | 2600 |     |    |     |      |      |       |      |       |       |       |       |       |
| chicken patty,breaded sw^    | 1 each  | 1200 | 340 | 43 | 620 | 4.12 | 3.63 | 228.8 | 98   | 0.0   | 5     | 24.13 | 43.37 | 8.63  |
| lasagna w/beef crumbles^     | 1 EACH  | 800  | 296 | 31 | 386 | 1.68 | 1.45 | 292.3 | 234  | 0.0   | *6    | 16.77 | 27.56 | 13.08 |
| garlic bread stick (19)      | 1 EACH  | 800  | 100 | 0  | 95  | 1.00 | 0.72 | 0.0   | 0    | 0.0   | 1     | 1.0   | 15.0  | 3.5   |
| Lion Cub Meal^               | 1 Each  | 600  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 500  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| lettuce with romaine         | 1/2 cup | 900  | 7   | 0  | 2   | 0.54 | 0.39 | 11.5  | 1344 | 3.08  | *0    | 0.51  | 1.26  | 0.1   |
| tomatoes, cherry             | 1/2 cup | 900  | 13  | 0  | 4   | 0.89 | 0.20 | 7.5   | 621  | 9.46  | *N/A* | 0.66  | 2.92  | 0.15  |
| fresh veggie mix             | 1/2 cup | 1000 | 19  | 0  | 20  | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2     | 1.02  | 3.74  | 0.14  |
| fresh fruit salad^           | 1/2 cup | 1500 | 39  | 0  | 6   | 0.86 | 0.24 | 9.9   | 625  | 19.89 | 9     | 0.6   | 9.81  | 0.18  |
| sugar cookies w/ lq egg      | 1 EACH  | 2470 | 117 | 17 | 103 | 0.74 | 0.48 | 4.5   | 1088 | 0.0   | *7    | 1.7   | 14.72 | 5.69  |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 1200 | 53  | 3  | 300 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4     | 0.0   | 6.33  | 3.17  |
| pickle slices^               | 2 EACH  | 900  | 0   | 0  | 90  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0     | 0.0   | 0.0   | 0.0   |
| ketchup^                     | 1 tbsp  | 360  | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 180  | 0   | 0  | 60  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 50   | 30  | 5  | 130 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2     | 0.0   | 3.0   | 2.0   |

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 630         | 58          | 1000      | 6.52      | 4.53      | 552.2     | 4183       | 38.84      | *34        | 28.63     | 84.73    | 20.41     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *21.7%     | 18.2%     | 53.8%    | 29.2%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Fri - 11/09/2018              |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|-------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch     | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| chicken nuggets^              | 5 each  | 1500 | 291     | 54 | 377  | 1.61 | 1.75 | 18.8  | 122  | 0.79  | 0      | 22.03 | 16.4  | 15.84 |
| shrimp poppers^               | 20 EACH | 500  | 180     | 45 | 530  | 3.00 | 1.44 | 40.0  | 100  | 0.0   | 1      | 9.0   | 21.0  | 7.0   |
| b&b half sandwich( whlgrain)^ | 1 each  | 2000 | 130     | 0  | 185  | 2.00 | 0.72 | 40.0  | 260  | 0.0   | 2      | 4.0   | 16.0  | 6.5   |
| Lion Cub Meal^                | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^               | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^          | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| potatoes mashed^              | 1/2 cup | 1600 | 80      | 0  | 310  | 1.00 | 0.36 | 20.0  | 0    | 3.6   | 1      | 2.0   | 17.0  | 1.0   |
| gravy, chicken^               | 1 oz    | 1400 | 10      | 0  | 115  | 0.00 | 0.00 | 0.6   | 0    | 0.0   | *0     | 0.0   | 2.08  | 0.0   |
| fresh veggie mix              | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| peach halves in pear juice^   | 1/2 cup | 1500 | 50      | 0  | 10   | 0.00 | 0.00 | 0.0   | 300  | 1.2   | 10     | 0.0   | 12.0  | 0.0   |
| dressing ranch light^         | 2 TBSP  | 1000 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                      | 1 tbsp  | 600  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                      | 1 TSP   | 25   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| BBQ sauce, PC cup^            | EACH    | 750  | 45      | 0  | 360  | 0.00 | 0.00 | 0.0   | 0    | 2.4   | 8      | 0.0   | 10.0  | 0.5   |
| dressing honey mustard^       | 2 TBSP  | 225  | 50      | 0  | 240  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 8      | 0.0   | 12.0  | 0.0   |
| Weighted Daily Average        |         |      | 619     | 55 | 1282 | 5.76 | 3.45 | 402.1 | 2464 | 27.08 | *28    | 28.41 | 78.93 | 22.21 |
| % of Calories                 |         |      |         |    |      |      |      |       |      |       | *18.2% | 18.4% | 51.0% | 32.3% |
| Nutrient Guideline            |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Mon - 11/12/2018          |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2500      |             |             |           |           |           |           |            |            |            |           |          |           |
| pizza 5" cheese ^         | 1 each       | 1500      | 320         | 10          | 610       | 5.00      | 2.70      | 250.0     | 300        | 0.0        | 5          | 15.0      | 40.0     | 11.0      |
| Pig in a blanket (19)     | 1 each       | 400       | 240         | 35          | 690       | 1.50      | 0.36      | 0.0       | 0          | 0.0        | 1          | 9.0       | 15.5     | 16.0      |
| Lion Cub Meal^            | 1 Each       | 700       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| corn^                     | 1/2 cup      | 1600      | 62          | 0           | 4         | 1.78      | 0.32      | 35.6      | 89         | 2.13       | 2          | 0.89      | 15.12    | 0.44      |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| Applesauce (cans) (19)    | 1/2 CUP      | 1500      | 50          | 0           | 15        | 2.01      | 0.00      | 0.0       | 0          | 0.0        | 11         | 0.0       | 15.06    | 0.0       |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 120       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 60        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average    |              |           | 541         | 29          | 966       | 8.04      | 3.46      | 539.1     | 2458       | 27.80      | *28        | 21.63     | 78.62    | 16.64     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *20.8%     | 16.0%     | 58.1%    | 27.7%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Tue - 11/13/2018              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| F.T.Stick (3pc) E.Omelet (19) | 3 Sticks, 1  | 1200      | 320         | 320         | 520       | 2.00      | 2.72      | 132.0     | 600        | 0.0        | 9          | 16.0      | 30.0     | 15.0      |
| fish sw^                      | 1 EACH       | 700       | 340         | 35          | 440       | 5.00      | 2.52      | 220.0     | 0          | 0.0        | 5          | 18.0      | 47.0     | 10.0      |
| Lion Cub Meal^                | 1 Each       | 700       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potatoes,smiley^              | 4 oz         | 1800      | 158         | 0           | 218       | 2.43      | 0.44      | 0.0       | 0          | 2.91       | 0          | 2.43      | 24.26    | 5.46      |
| fresh veggie mix              | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| grapes, red seedless^         | 1/2 cup      | 1500      | 61          | 0           | 2         | 0.82      | 0.26      | 12.7      | 91         | 3.63       | 15         | 0.57      | 15.56    | 0.32      |
| dressing ranch light^         | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                      | 1 tbsp       | 1200      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| syrup, pancake^               | 2 tbsp       | 1200      | 50          | 0           | 55        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 7          | 0.0       | 13.0     | 0.0       |
| tartar sauce^                 | 2 tbsp       | 500       | 100         | 5           | 300       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 5          | 0.0       | 7.0      | 7.0       |
| Weighted Daily Average        |              |           | 665         | 175         | 1118      | 6.78      | 3.90      | 479.7     | 2506       | 29.52      | *36        | 24.45     | 93.83    | 21.84     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *21.9%     | 14.7%     | 56.4%    | 29.5%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                                | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Wed - 11/14/2018               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch      | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken strips^                | 4 EACH       | 1800      | 271         | 46          | 566       | 1.47      | 2.00      | 32.2      | 130        | 0.61       | 2          | 21.15     | 16.75    | 12.93     |
| rolls, hot^                    | 1.0 oz       | 1800      | 103         | 6           | 117       | 1.15      | 0.96      | 33.9      | 226        | 1.74       | *2         | 2.51      | 14.57    | 3.92      |
| SB & Grape Sand w/ C.Stick(19) | 1 EACH       | 200       | 390         | 15          | 500       | 4.00      | 5.00      | 227.0     | 200        | 0.0        | 11         | 15.0      | 34.0     | 21.0      |
| Lion Cub Meal^                 | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^                | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^           | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| baked beans^                   | 1/2 CUP      | 900       | 162         | 0           | 559       | 5.19      | 2.01      | 47.1      | 151        | 1.22       | 17         | 7.32      | 37.2     | 0.0       |
| fresh veggie mix               | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| mixed fruit cocktail           | 1/2 cup      | 2340      | 60          | 0           | 10        | 0.00      | 0.00      | 0.0       | 200        | 1.2        | 11         | 0.0       | 17.0     | 0.0       |
| dressing ranch light^          | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                       | 1 tbsp       | 1500      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                       | 1 TSP        | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^             | EACH         | 300       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| dressing honey mustard^        | 2 TBSP       | 300       | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| margarine cup^                 | 1 each       | 1500      | 20          | 0           | 30        | 0.00      | 0.00      | 0.0       | 200        | 0.0        | 0          | 0.0       | 0.0      | 2.0       |
| Weighted Daily Average         |              |           | 648         | 53          | 1320      | 6.01      | 4.52      | 419.7     | 2645       | 26.43      | *40        | 29.73     | 87.98    | 20.80     |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | *24.4%     | 18.3%     | 54.3%    | 28.9%     |
| Nutrient Guideline             |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
|------------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|
| Thu - 11/15/2018             |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch    | Total   | 2600 |     |    |     |      |      |       |      |       |       |       |       |       |
| chicken patty,breaded sw^    | 1 each  | 1000 | 340 | 43 | 620 | 4.12 | 3.63 | 228.8 | 98   | 0.0   | 5     | 24.13 | 43.37 | 8.63  |
| spagh sauce w/ beef crum^    | 4 oz    | 1100 | 133 | 20 | 145 | 2.50 | 1.81 | 32.4  | 468  | 3.73  | 6     | 9.8   | 10.29 | 5.53  |
| rotini,whole grain,dry^      | 1/2 cup | 1100 | 54  | 0  | 5   | 0.97 | 0.36 | 9.1   | 1    | 0.0   | *0    | 1.81  | 9.03  | 1.54  |
| garlic bread stick (19)      | 1 EACH  | 1100 | 100 | 0  | 95  | 1.00 | 0.72 | 0.0   | 0    | 0.0   | 1     | 1.0   | 15.0  | 3.5   |
| Lion Cub Meal^               | 1 Each  | 500  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 500  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| romaine lettuce^             | 1/2 cup | 900  | 19  | 0  | 9   | 2.38 | 1.10 | 37.4  | 9877 | 4.54  | *N/A* | 1.39  | 3.73  | 0.34  |
| cherry tomato^               | 1/8 cup | 900  | 2   | 0  | 1   | 0.14 | 0.03 | 1.1   | 95   | 1.57  | 0     | 0.1   | 0.45  | 0.02  |
| fresh veggie mix             | 1/2 cup | 1000 | 19  | 0  | 20  | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2     | 1.02  | 3.74  | 0.14  |
| fresh fruit salad^           | 1/2 cup | 1500 | 39  | 0  | 6   | 0.86 | 0.24 | 9.9   | 625  | 19.89 | 9     | 0.6   | 9.81  | 0.18  |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 1200 | 53  | 3  | 300 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4     | 0.0   | 6.33  | 3.17  |
| ketchup^                     | 1 tbsp  | 1000 | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 50   | 0   | 0  | 60  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| pickle slices^               | 2 EACH  | 300  | 0   | 0  | 90  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0     | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 150  | 30  | 5  | 130 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2     | 0.0   | 3.0   | 2.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 485         | 37          | 808       | 6.68      | 4.41      | 452.7     | 5912       | 35.80      | *29        | 24.60     | 68.35    | 13.23     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *23.7%     | 20.3%     | 56.4%    | 24.6%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Fri - 11/16/2018          |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|---------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| hot dog with bun^         | 1 each  | 1500 | 320     | 35 | 790  | 3.00 | 2.16 | 200.0 | 0    | 0.0   | 4      | 13.0  | 32.0  | 17.0  |
| chicken teriyaki^         | 4 EACH  | 800  | 130     | 35 | 560  | 0.00 | 1.44 | 40.0  | 100  | 0.0   | 6      | 15.0  | 9.0   | 3.5   |
| brown rice lmsuda^        | 1/2 cup | 800  | 116     | 0  | 3    | 1.05 | 0.45 | 8.7   | 0    | 0.0   | *0     | 2.4   | 23.36 | 1.35  |
| Lion Cub Meal^            | 1 Each  | 700  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 600  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| vegetables stir fry       | 1/2 cup | 1200 | 17      | 0  | 13   | 1.00 | 0.18 | 10.0  | 500  | 0.6   | 1      | 0.0   | 3.0   | 0.0   |
| fresh veggie mix          | 1/2 cup | 1200 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| mandarin oranges^         | 1/2 cup | 1500 | 90      | 0  | 10   | 1.00 | 0.36 | 20.0  | 1250 | 27.0  | 22     | 1.0   | 23.0  | 0.0   |
| dressing ranch light^     | 2 TBSP  | 1200 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 600  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                  | 1 TSP   | 225  | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average    |         |      | 560     | 48 | 1137 | 5.56 | 3.68 | 511.8 | 3281 | 42.84 | *36    | 23.84 | 77.15 | 18.22 |
| % of Calories             |         |      |         |    |      |      |      |       |      |       | *25.4% | 17.0% | 55.1% | 29.3% |
| Nutrient Guideline        |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

| Mon - 11/19/2018              |         |      |     |    |      |      |      |       |      |       |    |       |       |       |
|-------------------------------|---------|------|-----|----|------|------|------|-------|------|-------|----|-------|-------|-------|
| Linn-Mar Elementary Lunch     | Total   | 2600 |     |    |      |      |      |       |      |       |    |       |       |       |
| pizza sticks (2 sticks)^      | 2 EACH  | 800  | 310 | 40 | 590  | 3.00 | 0.00 | 0.0   | 0    | 0.0   | 8  | 18.0  | 31.0  | 13.0  |
| chili w/ beef crumbles.       | 8 oz    | 600  | 220 | 17 | 1023 | 8.59 | 3.71 | 83.1  | 1073 | 9.3   | *3 | 14.28 | 30.25 | 4.56  |
| b&b whole sandwich( whlgrain) | 1 each  | 600  | 260 | 0  | 370  | 4.00 | 1.44 | 80.0  | 520  | 0.0   | 4  | 8.0   | 32.0  | 13.0  |
| Lion Cub Meal^                | 1 Each  | 600  | 386 | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9 | 14.28 | 47.48 | 15.68 |
| yogurt variety^               | 4 oz    | 300  | 90  | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15 | 3.0   | 19.0  | 0.0   |
| milk vty half pints^          | 1 each  | 2340 | 77  | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11 | 6.0   | 12.0  | 0.62  |
| fresh veggie mix              | 3/4 cup | 1000 | 28  | 0  | 30   | 2.03 | 0.85 | 29.7  | 2766 | 30.15 | 3  | 1.53  | 5.61  | 0.21  |
| spiced apples,warmed          | 1/2 cup | 1500 | 79  | 0  | 11   | 1.58 | 0.01 | 1.4   | 46   | 0.0   | 18 | 0.01  | 19.7  | 0.01  |
| marinara sauce cup^           | 2 oz    | 980  | 32  | 0  | 184  | 0.80 | 0.57 | 16.0  | 240  | 4.79  | 3  | 0.8   | 5.59  | 0.8   |
| dressing ranch light^         | 2 TBSP  | 800  | 70  | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1  | 0.0   | 7.0   | 4.5   |
| choc chip cookies w/lq egg    | 1 each  | 1800 | 129 | 12 | 80   | 0.96 | 0.52 | 5.5   | 368  | 0.0   | *7 | 1.57  | 16.54 | 6.69  |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 555         | 38          | 1006      | 8.06      | 3.27      | 369.2     | 3066       | 30.79      | *35        | 21.70     | 77.09    | 18.63     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *25.6%     | 15.6%     | 55.6%    | 30.2%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Tue - 11/20/2018            |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|-----------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch   | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| turkey gravy over potatoes^ | 4 oz    | 2100 | 179     | 30 | 821  | 1.00 | 0.72 | 21.1  | 0    | 3.6   | *1     | 12.0  | 20.81 | 4.28  |
| rolls, hot w/ lq egg^       | 1.5 oz  | 2100 | 152     | 9  | 172  | 1.72 | 1.47 | 51.7  | 339  | 2.61  | *3     | 3.73  | 21.58 | 5.85  |
| milk vty half pints^        | each    | 2000 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| corn^                       | 1/2 cup | 2100 | 62      | 0  | 4    | 1.78 | 0.32 | 35.6  | 89   | 2.13  | 2      | 0.89  | 15.12 | 0.44  |
| grapes, red seedless^       | 1/2 cup | 2100 | 61      | 0  | 2    | 0.82 | 0.26 | 12.7  | 91   | 3.63  | 15     | 0.57  | 15.56 | 0.32  |
| ice cream cup vanilla       | 1 each  | 2000 | 140     | 30 | 45   | 0.00 | 0.00 | 80.0  | 300  | 6.0   | 13     | 2.0   | 16.0  | 7.0   |
| margarine cup^              | 1 each  | 2100 | 20      | 0  | 30   | 0.00 | 0.00 | 0.0   | 200  | 0.0   | 0      | 0.0   | 0.0   | 2.0   |
| Weighted Daily Average      |         |      | 550     | 58 | 950  | 4.29 | 2.59 | 332.4 | 1099 | 14.98 | *35    | 20.04 | 80.55 | 16.28 |
| % of Calories               |         |      |         |    |      |      |      |       |      |       | *25.5% | 14.6% | 58.5% | 26.6% |
| Nutrient Guideline          |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

| Wed - 11/21/2018          |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
|---------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|
| Linn-Mar Elementary Lunch | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |
| NO SCHOOL TODAY           | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  |
| Weighted Daily Average    |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 |
| % of Calories             |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline        |         |   | 550-650 |   | 1230 |      |      |     |   |      |      |      |      |      |

| Thu - 11/22/2018          |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
|---------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|
| Linn-Mar Elementary Lunch | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |
| NO SCHOOL TODAY           | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  |
| Weighted Daily Average    |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 |
| % of Calories             |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline        |         |   | 550-650 |   | 1230 |      |      |     |   |      |      |      |      |      |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                                      | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 11/23/2018                     |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch            | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |
| NO SCHOOL TODAY                      | SERVING      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average % of Calories |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      |
| Nutrient Guideline                   |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                                      |         |      |         |    |      |      |      |       |      |       |               |                |                |                |
|--------------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|
| Mon - 11/26/2018                     |         |      |         |    |      |      |      |       |      |       |               |                |                |                |
| Linn-Mar Elementary Lunch            | Total   | 2600 |         |    |      |      |      |       |      |       |               |                |                |                |
| hamburger on a bun^                  | 1 each  | 1000 | 300     | 30 | 510  | 4.00 | 3.60 | 240.0 | 100  | 1.2   | 5             | 20.0           | 33.0           | 11.0           |
| grilled cheese: 4 sl^                | 1 EACH  | 600  | 761     | 54 | 1532 | 4.00 | 1.54 | 392.0 | 2508 | 0.0   | *4            | 20.56          | 32.9           | 62.49          |
| Lion Cub Meal^                       | 1 Each  | 500  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9            | 14.28          | 47.48          | 15.68          |
| yogurt variety^                      | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15            | 3.0            | 19.0           | 0.0            |
| milk vty half pints^                 | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11            | 6.0            | 12.0           | 0.62           |
| baked beans^                         | 1/2 cup | 900  | 162     | 0  | 559  | 5.19 | 2.01 | 47.1  | 151  | 1.22  | 17            | 7.32           | 37.2           | 0.0            |
| fresh veggie mix                     | 1/2 cup | 1200 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2             | 1.02           | 3.74           | 0.14           |
| apple fresh sliced in bag            | 1/2 cup | 1500 | 14      | 0  | 0    | 0.66 | 0.03 | 1.6   | 15   | 1.26  | 3             | 0.07           | 3.8            | 0.05           |
| dressing ranch light^                | 2 TBSP  | 1200 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1             | 0.0            | 7.0            | 4.5            |
| ketchup^                             | 1 tbsp  | 1200 | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4             | 0.0            | 5.0            | 0.0            |
| mustard^                             | 1 TSP   | 400  | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*         | 0.0            | 0.0            | 0.0            |
| pickle slices^                       | 2 EACH  | 1000 | 0       | 0  | 90   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0             | 0.0            | 0.0            | 0.0            |
| Weighted Daily Average % of Calories |         |      | 567     | 39 | 1264 | 6.58 | 3.76 | 529.6 | 2692 | 23.79 | *28<br>*19.8% | 24.21<br>17.1% | 66.20<br>46.7% | 24.40<br>38.7% |
| Nutrient Guideline                   |         |      | 550-650 |    | 1230 |      |      |       |      |       |               |                |                |                |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Tue - 11/27/2018          |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken noodle soup^      | 8 oz         | 1200      | 89          | 28          | 713       | 0.58      | 0.54      | 9.7       | 30         | 0.66       | *0         | 9.99      | 5.58     | 3.01      |
| mini saltine crackers     | pouch        | 1200      | 50          | 0           | 60        | 1.00      | 0.36      | 20.0      | 500        | 0.0        | 0          | 1.0       | 7.0      | 1.5       |
| Pig in a blanket (19)     | 1 each       | 800       | 240         | 35          | 690       | 1.50      | 0.36      | 0.0       | 0          | 0.0        | 1          | 9.0       | 15.5     | 16.0      |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| peas and carrots^         | 1/2 cup      | 900       | 4           | 0           | 5         | 0.27      | 0.06      | 5.3       | 889        | 10.67      | 0          | 0.09      | 0.36     | 0.0       |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| mandarin oranges^         | 1/2 cup      | 1500      | 90          | 0           | 10        | 1.00      | 0.36      | 20.0      | 1250       | 27.0       | 22         | 1.0       | 23.0     | 0.0       |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbs        | 400       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 200       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average    |              |           | 410         | 39          | 1032      | 3.96      | 2.14      | 367.2     | 3267       | 42.60      | *30        | 18.11     | 54.82    | 13.32     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *29.3%     | 17.7%     | 53.5%    | 29.3%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                            |                 |      |         |    |      |      |      |       |      |       |        |       |       |       |
|----------------------------|-----------------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Wed - 11/28/2018           |                 |      |         |    |      |      |      |       |      |       |        |       |       |       |
| Linn-Mar Elementary Lunch  | Total           | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| pizza crunchers^           | 4 piece serving | 1300 | 420     | 30 | 790  | 5.00 | 2.15 | 426.0 | 480  | 1.87  | 3      | 20.0  | 41.0  | 20.0  |
| ham/cheese w pretzel roll^ | 1 each          | 400  | 262     | 43 | 471  | 3.00 | 2.18 | 107.8 | 136  | 0.59  | *2     | 15.49 | 29.72 | 9.14  |
| Lion Cub Meal^             | 1 Each          | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^            | 4 oz            | 300  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^       | 1 each          | 1100 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| sweet potato fries^        | 4 oz            | 1600 | 200     | 0  | 250  | 2.00 | 0.36 | 20.0  | 3000 | 6.0   | 8      | 1.0   | 26.0  | 10.0  |
| fresh veggie mix           | 1/2 cup         | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| pineapple chunks^          | 1/2 cup         | 1100 | 65      | 0  | 0    | 0.82 | 0.29 | 16.4  | 82   | 9.81  | 16     | 0.82  | 17.99 | 0.0   |
| dressing ranch light^      | 2 TBSP          | 800  | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                   | 1 tbs           | 800  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                   | 1 TSP           | 50   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average     |                 |      | 568     | 33 | 988  | 6.63 | 2.93 | 458.6 | 3966 | 31.41 | *24    | 19.92 | 72.04 | 22.88 |
| % of Calories              |                 |      |         |    |      |      |      |       |      |       | *17.1% | 14.0% | 50.7% | 36.2% |
| Nutrient Guideline         |                 |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

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Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|
| <b>Thu - 11/29/2018</b>      |              |           |             |             |           |           |           |            |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |            |            |            |            |           |          |           |
| chicken patty,breaded sw^    | 1 each       | 1200      | 340         | 43          | 620       | 4.12      | 3.63      | 228.8      | 98         | 0.0        | 5          | 24.13     | 43.37    | 8.63      |
| lasagna w/beef crumbles^     | 1 EACH       | 800       | 296         | 31          | 386       | 1.68      | 1.45      | 292.3      | 234        | 0.0        | *6         | 16.77     | 27.56    | 13.08     |
| garlic bread stick (19)      | 1 EACH       | 800       | 100         | 0           | 95        | 1.00      | 0.72      | 0.0        | 0          | 0.0        | 1          | 1.0       | 15.0     | 3.5       |
| Lion Cub Meal^               | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4      | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0      | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0      | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| lettuce with romaine         | 1/2 cup      | 900       | 7           | 0           | 2         | 0.54      | 0.39      | 11.5       | 1344       | 3.08       | *0         | 0.51      | 1.26     | 0.1       |
| tomatoes, cherry             | 1/2 cup      | 900       | 13          | 0           | 4         | 0.89      | 0.20      | 7.5        | 621        | 9.46       | *N/A*      | 0.66      | 2.92     | 0.15      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8       | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| fresh fruit salad^           | 1/2 cup      | 1500      | 39          | 0           | 6         | 0.86      | 0.24      | 9.9        | 625        | 19.89      | 9          | 0.6       | 9.81     | 0.18      |
| sugar cookies w/ lq egg      | 1 EACH       | 2470      | 117         | 17          | 103       | 0.74      | 0.48      | 4.5        | 1088       | 0.0        | *7         | 1.7       | 14.72    | 5.69      |
| dressing variety Ra/Fr/Ital^ | 2 tbsp       | 1200      | 53          | 3           | 300       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 4          | 0.0       | 6.33     | 3.17      |
| pickle slices^               | 2 EACH       | 900       | 0           | 0           | 90        | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| ketchup^                     | 1 tbsp       | 360       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0        | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | 1 TSP        | 180       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0        | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| mayo(salad dressing light)^  | 1 TBSP       | 50        | 30          | 5           | 130       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 2          | 0.0       | 3.0      | 2.0       |
| Weighted Daily Average       |              |           | 630         | 58          | 1000      | 6.52      | 4.53      | 552.2      | 4183       | 38.84      | *34        | 28.63     | 84.73    | 20.41     |
| % of Calories                |              |           |             |             |           |           |           |            |            |            | *21.7%     | 18.2%     | 53.8%    | 29.2%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 11/30/2018              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken nuggets^              | 5 each       | 1500      | 291         | 54          | 377       | 1.61      | 1.75      | 18.8      | 122        | 0.79       | 0          | 22.03     | 16.4     | 15.84     |
| shrimp poppers^               | 20 EACH      | 500       | 180         | 45          | 530       | 3.00      | 1.44      | 40.0      | 100        | 0.0        | 1          | 9.0       | 21.0     | 7.0       |
| b&b half sandwich( whlgrain)^ | 1 each       | 2000      | 130         | 0           | 185       | 2.00      | 0.72      | 40.0      | 260        | 0.0        | 2          | 4.0       | 16.0     | 6.5       |
| Lion Cub Meal^                | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potatoes mashed^              | 1/2 cup      | 1600      | 80          | 0           | 310       | 1.00      | 0.36      | 20.0      | 0          | 3.6        | 1          | 2.0       | 17.0     | 1.0       |
| gravy, chicken^               | 1 oz         | 1400      | 10          | 0           | 115       | 0.00      | 0.00      | 0.6       | 0          | 0.0        | *0         | 0.0       | 2.08     | 0.0       |
| fresh veggie mix              | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| peach halves in pear juice^   | 1/2 cup      | 1500      | 50          | 0           | 10        | 0.00      | 0.00      | 0.0       | 300        | 1.2        | 10         | 0.0       | 12.0     | 0.0       |
| dressing ranch light^         | 2 TBSP       | 1000      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                      | 1 tbsp       | 600       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                      | 1 TSP        | 25        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^            | EACH         | 750       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| dressing honey mustard^       | 2 TBSP       | 225       | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| Weighted Daily Average        |              |           | 619         | 55          | 1282      | 5.76      | 3.45      | 402.1     | 2464       | 27.08      | *28        | 28.41     | 78.93    | 22.21     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *18.2%     | 18.4%     | 51.0%    | 32.3%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                           |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|---------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Mon - 12/03/2018          |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
| Linn-Mar Elementary Lunch | Total   | 2500 |         |    |      |      |      |       |      |       |        |       |       |       |
| pizza 5" cheese ^         | 1 each  | 1500 | 320     | 10 | 610  | 5.00 | 2.70 | 250.0 | 300  | 0.0   | 5      | 15.0  | 40.0  | 11.0  |
| Pig in a blanket (19)     | 1 each  | 400  | 240     | 35 | 690  | 1.50 | 0.36 | 0.0   | 0    | 0.0   | 1      | 9.0   | 15.5  | 16.0  |
| Lion Cub Meal^            | 1 Each  | 700  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| corn^                     | 1/2 cup | 1600 | 62      | 0  | 4    | 1.78 | 0.32 | 35.6  | 89   | 2.13  | 2      | 0.89  | 15.12 | 0.44  |
| fresh veggie mix          | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| Applesauce (cans) (19)    | 1/2 CUP | 1500 | 50      | 0  | 15   | 2.01 | 0.00 | 0.0   | 0    | 0.0   | 11     | 0.0   | 15.06 | 0.0   |
| dressing ranch light^     | 2 TBSP  | 1200 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 120  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                  | 1 TSP   | 60   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average    |         |      | 541     | 29 | 966  | 8.04 | 3.46 | 539.1 | 2458 | 27.80 | *28    | 21.63 | 78.62 | 16.64 |
| % of Calories             |         |      |         |    |      |      |      |       |      |       | *20.8% | 16.0% | 58.1% | 27.7% |
| Nutrient Guideline        |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Tue - 12/04/2018              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| F.T.Stick (3pc) E.Omelet (19) | 3 Sticks, 1  | 1200      | 320         | 320         | 520       | 2.00      | 2.72      | 132.0     | 600        | 0.0        | 9          | 16.0      | 30.0     | 15.0      |
| fish sw^                      | 1 EACH       | 700       | 340         | 35          | 440       | 5.00      | 2.52      | 220.0     | 0          | 0.0        | 5          | 18.0      | 47.0     | 10.0      |
| Lion Cub Meal^                | 1 Each       | 700       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potatoes,smiley^              | 4 oz         | 1800      | 158         | 0           | 218       | 2.43      | 0.44      | 0.0       | 0          | 2.91       | 0          | 2.43      | 24.26    | 5.46      |
| fresh veggie mix              | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| grapes, red seedless^         | 1/2 cup      | 1500      | 61          | 0           | 2         | 0.82      | 0.26      | 12.7      | 91         | 3.63       | 15         | 0.57      | 15.56    | 0.32      |
| dressing ranch light^         | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                      | 1 tbsp       | 1200      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| syrup, pancake^               | 2 tbsp       | 1200      | 50          | 0           | 55        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 7          | 0.0       | 13.0     | 0.0       |
| tartar sauce^                 | 2 tbsp       | 500       | 100         | 5           | 300       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 5          | 0.0       | 7.0      | 7.0       |
| Weighted Daily Average        |              |           | 665         | 175         | 1118      | 6.78      | 3.90      | 479.7     | 2506       | 29.52      | *36        | 24.45     | 93.83    | 21.84     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *21.9%     | 14.7%     | 56.4%    | 29.5%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                                |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
|--------------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|
| Wed - 12/05/2018               |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch      | Total   | 2600 |     |    |     |      |      |       |      |       |       |       |       |       |
| chicken strips^                | 4 EACH  | 1800 | 271 | 46 | 566 | 1.47 | 2.00 | 32.2  | 130  | 0.61  | 2     | 21.15 | 16.75 | 12.93 |
| rolls, hot^                    | 1.0 oz  | 1800 | 103 | 6  | 117 | 1.15 | 0.96 | 33.9  | 226  | 1.74  | *2    | 2.51  | 14.57 | 3.92  |
| SB & Grape Sand w/ C.Stick(19) | 1 EACH  | 200  | 390 | 15 | 500 | 4.00 | 5.00 | 227.0 | 200  | 0.0   | 11    | 15.0  | 34.0  | 21.0  |
| Lion Cub Meal^                 | 1 Each  | 600  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^                | 4 oz    | 500  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^           | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| baked beans^                   | 1/2 CUP | 900  | 162 | 0  | 559 | 5.19 | 2.01 | 47.1  | 151  | 1.22  | 17    | 7.32  | 37.2  | 0.0   |
| fresh veggie mix               | 1/2 cup | 1000 | 19  | 0  | 20  | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2     | 1.02  | 3.74  | 0.14  |
| apple, sliced w caramel^       | 1 EACH  | 2340 | 159 | 5  | 140 | 2.00 | 0.00 | 40.0  | 0    | 185.4 | 24    | 0.0   | 29.0  | 4.5   |
| dressing ranch light^          | 2 TBSP  | 1200 | 70  | 10 | 350 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1     | 0.0   | 7.0   | 4.5   |
| ketchup^                       | 1 tbsp  | 1500 | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                       | 1 TSP   | 50   | 0   | 0  | 60  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| BBQ sauce, PC cup^             | EACH    | 300  | 45  | 0  | 360 | 0.00 | 0.00 | 0.0   | 0    | 2.4   | 8     | 0.0   | 10.0  | 0.5   |
| dressing honey mustard^        | 2 TBSP  | 300  | 50  | 0  | 240 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 8     | 0.0   | 12.0  | 0.0   |
| margarine cup^                 | 1 each  | 1500 | 20  | 0  | 30  | 0.00 | 0.00 | 0.0   | 200  | 0.0   | 0     | 0.0   | 0.0   | 2.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 737         | 57          | 1437      | 7.81      | 4.52      | 455.7      | 2465       | 192.21     | *51        | 29.73     | 98.78    | 24.85     |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *27.8%     | 16.1%     | 53.6%    | 30.3%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |

| Thu - 12/06/2018             |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch    | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| chicken patty,breaded sw^    | 1 each  | 1000 | 340     | 43 | 620  | 4.12 | 3.63 | 228.8 | 98   | 0.0   | 5      | 24.13 | 43.37 | 8.63  |
| spagh sauce w/ beef crum^    | 4 oz    | 1100 | 133     | 20 | 145  | 2.50 | 1.81 | 32.4  | 468  | 3.73  | 6      | 9.8   | 10.29 | 5.53  |
| rotini,whole grain,dry^      | 1/2 cup | 1100 | 54      | 0  | 5    | 0.97 | 0.36 | 9.1   | 1    | 0.0   | *0     | 1.81  | 9.03  | 1.54  |
| garlic bread stick (19)      | 1 EACH  | 1100 | 100     | 0  | 95   | 1.00 | 0.72 | 0.0   | 0    | 0.0   | 1      | 1.0   | 15.0  | 3.5   |
| Lion Cub Meal^               | 1 Each  | 500  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| romaine lettuce^             | 1/2 cup | 900  | 19      | 0  | 9    | 2.38 | 1.10 | 37.4  | 9877 | 4.54  | *N/A*  | 1.39  | 3.73  | 0.34  |
| cherry tomato^               | 1/8 cup | 900  | 2       | 0  | 1    | 0.14 | 0.03 | 1.1   | 95   | 1.57  | 0      | 0.1   | 0.45  | 0.02  |
| fresh veggie mix             | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| fresh fruit salad^           | 1/2 cup | 1500 | 39      | 0  | 6    | 0.86 | 0.24 | 9.9   | 625  | 19.89 | 9      | 0.6   | 9.81  | 0.18  |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 1200 | 53      | 3  | 300  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4      | 0.0   | 6.33  | 3.17  |
| ketchup^                     | 1 tbsp  | 1000 | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 50   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| pickle slices^               | 2 EACH  | 300  | 0       | 0  | 90   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0      | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 150  | 30      | 5  | 130  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2      | 0.0   | 3.0   | 2.0   |
| Weighted Daily Average       |         |      | 485     | 37 | 808  | 6.68 | 4.41 | 452.7 | 5912 | 35.80 | *29    | 24.60 | 68.35 | 13.23 |
| % of Calories                |         |      |         |    |      |      |      |       |      |       | *23.7% | 20.3% | 56.4% | 24.6% |
| Nutrient Guideline           |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

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Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 12/07/2018          |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| hot dog with bun^         | 1 each       | 1500      | 320         | 35          | 790       | 3.00      | 2.16      | 200.0     | 0          | 0.0        | 4          | 13.0      | 32.0     | 17.0      |
| chicken teriyaki^         | 4 EACH       | 500       | 130         | 35          | 560       | 0.00      | 1.44      | 40.0      | 100        | 0.0        | 6          | 15.0      | 9.0      | 3.5       |
| brown rice lmusda^        | 1/2 cup      | 500       | 116         | 0           | 3         | 1.05      | 0.45      | 8.7       | 0          | 0.0        | *0         | 2.4       | 23.36    | 1.35      |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| vegetables stir fry       | 1/2 cup      | 900       | 17          | 0           | 13        | 1.00      | 0.18      | 10.0      | 500        | 0.6        | 1          | 0.0       | 3.0      | 0.0       |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| mandarin oranges^         | 1/2 cup      | 1500      | 90          | 0           | 10        | 1.00      | 0.36      | 20.0      | 1250       | 27.0       | 22         | 1.0       | 23.0     | 0.0       |
| fortune cookie            | 1 each       | 2340      | 25          | 0           | 0         | 0.00      | 0.36      | 0.0       | 15         | 0.0        | 3          | 0.0       | 6.0      | 0.0       |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 450       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 225       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| sweet & sour sauce^       | 1 TBSP       | 75        | 30          | 0           | 54        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 5          | 0.0       | 6.89     | 0.0       |
| soy sauce^                | 1/2 oz       | 75        | 10          | 0           | 1240      | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 1.0       | 1.0      | 0.0       |
| Weighted Daily Average    |              |           | 533         | 43          | 1071      | 4.95      | 3.59      | 479.9     | 2922       | 38.81      | *36        | 21.11     | 75.57    | 17.05     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *27.2%     | 15.9%     | 56.8%    | 28.8%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Mon - 12/10/2018              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| pizza sticks (2 sticks)^      | 2 EACH       | 1400      | 310         | 40          | 590       | 3.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 18.0      | 31.0     | 13.0      |
| chili w/ beef crumbles.       | 8 oz         | 600       | 220         | 17          | 1023      | 8.59      | 3.71      | 83.1      | 1073       | 9.3        | *3         | 14.28     | 30.25    | 4.56      |
| b&b whole sandwich( whlgrain) | 1 each       | 600       | 260         | 0           | 370       | 4.00      | 1.44      | 80.0      | 520        | 0.0        | 4          | 8.0       | 32.0     | 13.0      |
| Lion Cub Meal^                | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| fresh veggie mix              | 3/4 cup      | 1000      | 28          | 0           | 30        | 2.03      | 0.85      | 29.7      | 2766       | 30.15      | 3          | 1.53      | 5.61     | 0.21      |
| spiced apples,warmed          | 1/2 cup      | 1500      | 79          | 0           | 11        | 1.58      | 0.01      | 1.4       | 46         | 0.0        | 18         | 0.01      | 19.7     | 0.01      |
| marinara sauce cup^           | 2 oz         | 980       | 32          | 0           | 184       | 0.80      | 0.57      | 16.0      | 240        | 4.79       | 3          | 0.8       | 5.59     | 0.8       |
| dressing ranch light^         | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| choc chip cookies w/lq egg    | 1 each       | 2340      | 129         | 12          | 80        | 0.96      | 0.52      | 5.5       | 368        | 0.0        | *7         | 1.57      | 16.54    | 6.69      |
| Weighted Daily Average        |              |           | 653         | 50          | 1159      | 8.95      | 3.38      | 370.3     | 3142       | 30.79      | *39        | 26.18     | 87.68    | 23.02     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *23.7%     | 16.0%     | 53.7%    | 31.7%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| <b>Tue - 12/11/2018</b>   |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| pancakes^                 | 2 EACH       | 1200      | 136         | 6           | 201       | 0.65      | 1.75      | 38.8      | 23         | 0.0        | 0          | 2.59      | 19.41    | 1.94      |
| smokies^                  | 3 EACH       | 1200      | 95          | 20          | 290       | 0.00      | 0.18      | 20.0      | 0          | 0.0        | 1          | 3.5       | 1.5      | 8.5       |
| mac & cheese^             | 6 oz         | 800       | 283         | 37          | 648       | 2.00      | 0.00      | 371.0     | 493        | 1.0        | 8          | 15.0      | 31.0     | 11.0      |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| tator tots^               | 9 each       | 1600      | 166         | 0           | 398       | 2.21      | 0.40      | 0.0       | 0          | 3.98       | 0          | 2.21      | 21.02    | 7.74      |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| orange, fresh slices^     | 1/2 cup      | 1500      | 46          | 0           | 0         | 2.36      | 0.10      | 39.3      | 221        | 52.27      | 9          | 0.92      | 11.54    | 0.12      |
| dressing ranch light^     | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| syrup, pancake^           | 2 tbsp       | 1200      | 50          | 0           | 55        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 7          | 0.0       | 13.0     | 0.0       |
| Weighted Daily Average    |              |           | 551         | 38          | 1126      | 5.73      | 2.58      | 481.1     | 2300       | 55.88      | *27        | 18.75     | 74.25    | 18.66     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *19.9%     | 13.6%     | 53.9%    | 30.5%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
|------------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|
| <b>Wed - 12/12/2018</b>      |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch    | Total   | 2600 |     |    |     |      |      |       |      |       |       |       |       |       |
| taco meat w/ beef crumbles^  | 3 oz    | 1800 | 135 | 30 | 211 | 0.66 | 2.18 | 24.7  | 467  | 2.59  | *2    | 12.83 | 5.27  | 7.04  |
| tortilla chips, 2 oz pkg^    | 2 oz    | 1800 | 270 | 0  | 210 | 3.00 | 0.72 | 80.0  | 100  | 0.0   | 0     | 4.0   | 38.0  | 14.0  |
| cheese cheddar shredded^     | 1 oz    | 1440 | 80  | 16 | 206 | 0.00 | 0.04 | 257.0 | 179  | 0.0   | *N/A* | 7.71  | 0.57  | 5.19  |
| hoagie sub sandwich^         | 1 each  | 200  | 285 | 46 | 758 | 3.00 | 2.45 | 318.0 | 136  | 0.9   | *4    | 16.38 | 31.23 | 11.18 |
| Lion Cub Meal^               | 1 Each  | 600  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 300  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| ref beansw/salsa &cheese^    | 4 oz    | 900  | 112 | 4  | 495 | 5.18 | 1.64 | 105.9 | 679  | 7.58  | *1    | 5.95  | 14.43 | 3.0   |
| lettuce,shredded^            | 1/2 cup | 900  | 5   | 0  | 4   | 0.43 | 0.15 | 6.5   | 181  | 1.01  | *N/A* | 0.32  | 1.07  | 0.05  |
| tomato fresh diced^          | 1/8 cup | 900  | 4   | 0  | 1   | 0.27 | 0.06 | 2.3   | 187  | 3.08  | 1     | 0.2   | 0.88  | 0.05  |
| pear 1/2 ^                   | 1/2s    | 1500 | 48  | 0  | 8   | 1.59 | 0.00 | 0.0   | 0    | 0.0   | 8     | 0.0   | 11.11 | 0.0   |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 500  | 53  | 3  | 300 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4     | 0.0   | 6.33  | 3.17  |
| ketchup^                     | 1 tbsp  | 50   | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 25   | 0   | 0  | 60  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 50   | 30  | 5  | 130 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2     | 0.0   | 3.0   | 2.0   |
| salsa cup^                   | 2 oz    | 500  | 10  | 0  | 70  | 0.00 | 0.36 | 0.0   | 100  | 2.4   | 1     | 0.0   | 2.0   | 0.0   |
| pickle slices^               | 2 EACH  | 150  | 0   | 0  | 90  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0     | 0.0   | 0.0   | 0.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 598         | 46          | 977       | 7.29      | 4.10      | 588.5     | 2149       | 21.60      | *22        | 28.46     | 70.46    | 24.20     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *14.6%     | 19.0%     | 47.1%    | 36.4%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Thu - 12/13/2018              |         |      |         |     |      |      |      |       |      |       |        |       |       |       |
|-------------------------------|---------|------|---------|-----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch     | Total   | 2600 |         |     |      |      |      |       |      |       |        |       |       |       |
| chicken, popcorn^             | 4 oz    | 1200 | 237     | 0   | 511  | 1.45 | 2.77 | 73.6  | 126  | 0.05  | 2      | 17.91 | 18.45 | 9.64  |
| b&b half sandwich( whlgrain)^ | 1 each  | 1200 | 130     | 0   | 185  | 2.00 | 0.72 | 40.0  | 260  | 0.0   | 2      | 4.0   | 16.0  | 6.5   |
| breakfast sandwich^           | 1 each  | 800  | 283     | 143 | 591  | 3.00 | 2.55 | 218.0 | 236  | 0.0   | *1     | 18.14 | 22.23 | 12.93 |
| Lion Cub Meal^                | 1 Each  | 600  | 386     | 28  | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^               | 4 oz    | 300  | 90      | 0   | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^          | 1 each  | 2340 | 77      | 5   | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| mixed veggies, frozen^        | 1/2 cup | 900  | 44      | 0   | 18   | 1.78 | 0.00 | 17.8  | 889  | 2.13  | 4      | 0.89  | 9.78  | 0.0   |
| fresh veggie mix              | 1/2 cup | 1000 | 19      | 0   | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| fresh fruit salad^            | 1/2 cup | 1500 | 39      | 0   | 6    | 0.86 | 0.24 | 9.9   | 625  | 19.89 | 9      | 0.6   | 9.81  | 0.18  |
| dressing ranch light^         | 2 TBSP  | 800  | 70      | 10  | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                      | 1 tbsp  | 500  | 20      | 0   | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                      | 1 TSP   | 180  | 0       | 0   | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| BBQ sauce, PC cup^            | 1 EACH  | 500  | 45      | 0   | 360  | 0.00 | 0.00 | 0.0   | 0    | 2.4   | 8      | 0.0   | 10.0  | 0.5   |
| dressing honey mustard^       | 2 TBSP  | 100  | 50      | 0   | 240  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 8      | 0.0   | 12.0  | 0.0   |
| Weighted Daily Average        |         |      | 507     | 58  | 994  | 5.73 | 3.92 | 448.5 | 2911 | 35.67 | *26    | 25.78 | 62.68 | 17.25 |
| % of Calories                 |         |      |         |     |      |      |      |       |      |       | *20.6% | 20.4% | 49.5% | 30.6% |
| Nutrient Guideline            |         |      | 550-650 |     | 1230 |      |      |       |      |       |        |       |       |       |

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Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 12/14/2018             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| corn dog, mini^              | 6 each       | 1500      | 271         | 40          | 412       | 5.03      | 1.81      | 150.8     | 0          | 0.0        | 5          | 10.05     | 30.16    | 12.06     |
| pretzel & cheese sauce^      | serving      | 500       | 241         | 31          | 565       | 2.62      | 1.57      | 240.5     | 427        | 1.05       | 2          | 12.06     | 28.4     | 9.23      |
| Lion Cub Meal^               | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potato wedge                 | 2 EACH       | 1800      | 178         | 0           | 391       | 2.67      | 0.68      | 10.3      | 0          | 4.7        | 0          | 0.89      | 23.11    | 8.89      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| strawberries fresh^          | 1/2 cup      | 1500      | 29          | 0           | 1         | 1.81      | 0.37      | 14.5      | 11         | 53.34      | 4          | 0.61      | 6.97     | 0.27      |
| dressing ranch light^        | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                     | 1 tbsp       | 750       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | TSP          | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^           | 1 EACH       | 500       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| honey dijon mustard dressing | 2 TBSP       | 50        | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| Weighted Daily Average       |              |           | 556         | 43          | 1107      | 8.39      | 3.42      | 465.9     | 2090       | 57.66      | *23        | 18.52     | 74.02    | 20.76     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *16.8%     | 13.3%     | 53.2%    | 33.6%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                           |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|---------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Mon - 12/17/2018          |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
| Linn-Mar Elementary Lunch | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| hamburger on a bun^       | 1 each  | 1200 | 300     | 30 | 510  | 4.00 | 3.60 | 240.0 | 100  | 1.2   | 5      | 20.0  | 33.0  | 11.0  |
| grilled cheese: 4 sl^     | 1 EACH  | 800  | 761     | 54 | 1532 | 4.00 | 1.54 | 392.0 | 2508 | 0.0   | *4     | 20.56 | 32.9  | 62.49 |
| Lion Cub Meal^            | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| baked beans^              | 1/2 cup | 900  | 162     | 0  | 559  | 5.19 | 2.01 | 47.1  | 151  | 1.22  | 17     | 7.32  | 37.2  | 0.0   |
| fresh veggie mix          | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| apple fresh sliced in bag | 1/2 cup | 1500 | 14      | 0  | 0    | 0.66 | 0.03 | 1.6   | 15   | 1.26  | 3      | 0.07  | 3.8   | 0.05  |
| dressing ranch light^     | 2 TBSP  | 1200 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 1000 | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                  | 1 TSP   | 100  | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| pickle slices^            | 2 EACH  | 1000 | 0       | 0  | 90   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0      | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average    |         |      | 660     | 46 | 1425 | 7.35 | 4.24 | 588.8 | 2895 | 24.73 | *29    | 27.80 | 72.42 | 30.64 |
| % of Calories             |         |      |         |    |      |      |      |       |      |       | *17.3% | 16.8% | 43.9% | 41.8% |
| Nutrient Guideline        |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Tue - 12/18/2018          |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken noodle soup^      | 8 oz         | 1200      | 89          | 28          | 713       | 0.58      | 0.54      | 9.7       | 30         | 0.66       | *0         | 9.99      | 5.58     | 3.01      |
| mini saltine crackers     | pouch        | 1200      | 50          | 0           | 60        | 1.00      | 0.36      | 20.0      | 500        | 0.0        | 0          | 1.0       | 7.0      | 1.5       |
| Pig in a blanket (19)     | 1 each       | 800       | 240         | 35          | 690       | 1.50      | 0.36      | 0.0       | 0          | 0.0        | 1          | 9.0       | 15.5     | 16.0      |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| peas and carrots^         | 1/2 cup      | 900       | 4           | 0           | 5         | 0.27      | 0.06      | 5.3       | 889        | 10.67      | 0          | 0.09      | 0.36     | 0.0       |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| mandarin oranges^         | 1/2 cup      | 1500      | 90          | 0           | 10        | 1.00      | 0.36      | 20.0      | 1250       | 27.0       | 22         | 1.0       | 23.0     | 0.0       |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbs        | 400       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 200       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average    |              |           | 410         | 39          | 1032      | 3.96      | 2.14      | 367.2     | 3267       | 42.60      | *30        | 18.11     | 54.82    | 13.32     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *29.3%     | 17.7%     | 53.5%    | 29.3%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                            |                 |      |         |    |      |      |      |       |      |       |        |       |       |       |
|----------------------------|-----------------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Wed - 12/19/2018           |                 |      |         |    |      |      |      |       |      |       |        |       |       |       |
| Linn-Mar Elementary Lunch  | Total           | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| pizza crunchers^           | 4 piece serving | 1300 | 420     | 30 | 790  | 5.00 | 2.15 | 426.0 | 480  | 1.87  | 3      | 20.0  | 41.0  | 20.0  |
| ham/cheese w pretzel roll^ | 1 each          | 400  | 262     | 43 | 471  | 3.00 | 2.18 | 107.8 | 136  | 0.59  | *2     | 15.49 | 29.72 | 9.14  |
| Lion Cub Meal^             | 1 Each          | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^            | 4 oz            | 300  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^       | 1 each          | 1100 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| sweet potato fries^        | 4 oz            | 1600 | 200     | 0  | 250  | 2.00 | 0.36 | 20.0  | 3000 | 6.0   | 8      | 1.0   | 26.0  | 10.0  |
| fresh veggie mix           | 1/2 cup         | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| pineapple chunks^          | 1/2 cup         | 1100 | 65      | 0  | 0    | 0.82 | 0.29 | 16.4  | 82   | 9.81  | 16     | 0.82  | 17.99 | 0.0   |
| dressing ranch light^      | 2 TBSP          | 800  | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                   | 1 tbs           | 800  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                   | 1 TSP           | 50   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average     |                 |      | 568     | 33 | 988  | 6.63 | 2.93 | 458.6 | 3966 | 31.41 | *24    | 19.92 | 72.04 | 22.88 |
| % of Calories              |                 |      |         |    |      |      |      |       |      |       | *17.1% | 14.0% | 50.7% | 36.2% |
| Nutrient Guideline         |                 |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| <b>Thu - 12/20/2018</b>      |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken patty,breaded sw^    | 1 each       | 1200      | 340         | 43          | 620       | 4.12      | 3.63      | 228.8     | 98         | 0.0        | 5          | 24.13     | 43.37    | 8.63      |
| lasagna w/beef crumbles^     | 1 EACH       | 800       | 296         | 31          | 386       | 1.68      | 1.45      | 292.3     | 234        | 0.0        | *6         | 16.77     | 27.56    | 13.08     |
| garlic bread stick (19)      | 1 EACH       | 800       | 100         | 0           | 95        | 1.00      | 0.72      | 0.0       | 0          | 0.0        | 1          | 1.0       | 15.0     | 3.5       |
| Lion Cub Meal^               | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| lettuce with romaine         | 1/2 cup      | 900       | 7           | 0           | 2         | 0.54      | 0.39      | 11.5      | 1344       | 3.08       | *0         | 0.51      | 1.26     | 0.1       |
| tomatoes, cherry             | 1/2 cup      | 900       | 13          | 0           | 4         | 0.89      | 0.20      | 7.5       | 621        | 9.46       | *N/A*      | 0.66      | 2.92     | 0.15      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| fresh fruit salad^           | 1/2 cup      | 1500      | 39          | 0           | 6         | 0.86      | 0.24      | 9.9       | 625        | 19.89      | 9          | 0.6       | 9.81     | 0.18      |
| sugar cookies w/ lq egg      | 1 EACH       | 2470      | 117         | 17          | 103       | 0.74      | 0.48      | 4.5       | 1088       | 0.0        | *7         | 1.7       | 14.72    | 5.69      |
| dressing variety Ra/Fr/Ital^ | 2 tbsp       | 1200      | 53          | 3           | 300       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 4          | 0.0       | 6.33     | 3.17      |
| pickle slices^               | 2 EACH       | 900       | 0           | 0           | 90        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| ketchup^                     | 1 tbsp       | 360       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | 1 TSP        | 180       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| mayo(salad dressing light)^  | 1 TBSP       | 50        | 30          | 5           | 130       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 2          | 0.0       | 3.0      | 2.0       |
| Weighted Daily Average       |              |           | 630         | 58          | 1000      | 6.52      | 4.53      | 552.2     | 4183       | 38.84      | *34        | 28.63     | 84.73    | 20.41     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *21.7%     | 18.2%     | 53.8%    | 29.2%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |
| <b>Fri - 12/21/2018</b>      |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| turkey gravy over potatoes^  | 4 oz         | 2600      | 179         | 30          | 821       | 1.00      | 0.72      | 21.1      | 0          | 3.6        | *1         | 12.0      | 20.81    | 4.28      |
| rolls, hot w/ lq egg^        | 1.5 oz       | 2600      | 152         | 9           | 172       | 1.72      | 1.47      | 51.7      | 339        | 2.61       | *3         | 3.73      | 21.58    | 5.85      |
| milk vty half pints^         | each         | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| corn^                        | 1/2 cup      | 1200      | 62          | 0           | 4         | 1.78      | 0.32      | 35.6      | 89         | 2.13       | 2          | 0.89      | 15.12    | 0.44      |
| grapes, red seedless^        | 1/2 cup      | 1500      | 61          | 0           | 2         | 0.82      | 0.26      | 12.7      | 91         | 3.63       | 15         | 0.57      | 15.56    | 0.32      |
| ice cream cup vanilla        | 1 each       | 2470      | 140         | 30          | 45        | 0.00      | 0.00      | 80.0      | 300        | 6.0        | 13         | 2.0       | 16.0     | 7.0       |
| margarine cup^               | 1 each       | 1300      | 20          | 0           | 30        | 0.00      | 0.00      | 0.0       | 200        | 0.0        | 0          | 0.0       | 0.0      | 2.0       |
| Weighted Daily Average       |              |           | 608         | 72          | 1152      | 4.01      | 2.90      | 375.0     | 1155       | 15.80      | *36        | 23.77     | 84.34    | 18.73     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *23.5%     | 15.6%     | 55.5%    | 27.7%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|
| Mon - 12/24/2018          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |
| NO SCHOOL TODAY           | SERVING      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average    |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |

|                           |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
|---------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|
| Tue - 12/25/2018          |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
| Linn-Mar Elementary Lunch | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |
| NO SCHOOL TODAY           | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  |
| Weighted Daily Average    |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 |
| % of Calories             |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline        |         |   | 550-650 |   | 1230 |      |      |     |   |      |      |      |      |      |

|                           |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
|---------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|
| Wed - 12/26/2018          |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
| Linn-Mar Elementary Lunch | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |
| NO SCHOOL TODAY           | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  |
| Weighted Daily Average    |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 |
| % of Calories             |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline        |         |   | 550-650 |   | 1230 |      |      |     |   |      |      |      |      |      |

|                           |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
|---------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|
| Thu - 12/27/2018          |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
| Linn-Mar Elementary Lunch | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |
| NO SCHOOL TODAY           | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  |
| Weighted Daily Average    |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 |
| % of Calories             |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline        |         |   | 550-650 |   | 1230 |      |      |     |   |      |      |      |      |      |

|                           |         |   |   |   |   |      |      |     |   |     |   |     |     |     |
|---------------------------|---------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|
| Fri - 12/28/2018          |         |   |   |   |   |      |      |     |   |     |   |     |     |     |
| Linn-Mar Elementary Lunch | Total   | 1 |   |   |   |      |      |     |   |     |   |     |     |     |
| NO SCHOOL TODAY           | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                                      | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g)    | Carb (g)     | T-Fat (g)    |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|--------------|--------------|--------------|
| Weighted Daily Average % of Calories |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.00       | 0<br>0.0%  | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                   |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |              |              |              |

| Mon - 12/31/2018                          |               |   |         |   |      |      |      |     |   |      |           |              |              |              |
|---|---------------|---|---------|---|------|------|------|-----|---|------|-----------|--------------|--------------|--------------|
| Linn-Mar Elementary Lunch NO SCHOOL TODAY | Total SERVING | 1 |         |   |      |      |      |     |   |      |           |              |              |              |
|   |               | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          |
| Weighted Daily Average % of Calories      |               |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                        |               |   | 550-650 |   | 1230 |      |      |     |   |      |           |              |              |              |

| Tue - 01/01/2019                          |               |   |         |   |      |      |      |     |   |      |           |              |              |              |
|---|---------------|---|---------|---|------|------|------|-----|---|------|-----------|--------------|--------------|--------------|
| Linn-Mar Elementary Lunch NO SCHOOL TODAY | Total SERVING | 1 |         |   |      |      |      |     |   |      |           |              |              |              |
|   |               | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          |
| Weighted Daily Average % of Calories      |               |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                        |               |   | 550-650 |   | 1230 |      |      |     |   |      |           |              |              |              |

| Wed - 01/02/2019                          |               |   |         |   |      |      |      |     |   |      |           |              |              |              |
|---|---------------|---|---------|---|------|------|------|-----|---|------|-----------|--------------|--------------|--------------|
| Linn-Mar Elementary Lunch NO SCHOOL TODAY | Total SERVING | 1 |         |   |      |      |      |     |   |      |           |              |              |              |
|   |               | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          |
| Weighted Daily Average % of Calories      |               |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                        |               |   | 550-650 |   | 1230 |      |      |     |   |      |           |              |              |              |

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data  
**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Thu - 01/03/2019             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken patty,breaded sw^    | 1 each       | 1000      | 340         | 43          | 620       | 4.12      | 3.63      | 228.8     | 98         | 0.0        | 5          | 24.13     | 43.37    | 8.63      |
| spagh sauce w/ beef crum^    | 4 oz         | 1100      | 133         | 20          | 145       | 2.50      | 1.81      | 32.4      | 468        | 3.73       | 6          | 9.8       | 10.29    | 5.53      |
| rotini,whole grain,dry^      | 1/2 cup      | 1100      | 54          | 0           | 5         | 0.97      | 0.36      | 9.1       | 1          | 0.0        | *0         | 1.81      | 9.03     | 1.54      |
| garlic bread stick (19)      | 1 EACH       | 1100      | 100         | 0           | 95        | 1.00      | 0.72      | 0.0       | 0          | 0.0        | 1          | 1.0       | 15.0     | 3.5       |
| Lion Cub Meal^               | 1 Each       | 500       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| romaine lettuce^             | 1/2 cup      | 900       | 19          | 0           | 9         | 2.38      | 1.10      | 37.4      | 9877       | 4.54       | *N/A*      | 1.39      | 3.73     | 0.34      |
| cherry tomato^               | 1/8 cup      | 900       | 2           | 0           | 1         | 0.14      | 0.03      | 1.1       | 95         | 1.57       | 0          | 0.1       | 0.45     | 0.02      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| fresh fruit salad^           | 1/2 cup      | 1500      | 39          | 0           | 6         | 0.86      | 0.24      | 9.9       | 625        | 19.89      | 9          | 0.6       | 9.81     | 0.18      |
| dressing variety Ra/Fr/Ital^ | 2 tbsp       | 1200      | 53          | 3           | 300       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 4          | 0.0       | 6.33     | 3.17      |
| ketchup^                     | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | 1 TSP        | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| pickle slices^               | 2 EACH       | 300       | 0           | 0           | 90        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| mayo(salad dressing light)^  | 1 TBSP       | 150       | 30          | 5           | 130       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 2          | 0.0       | 3.0      | 2.0       |
| Weighted Daily Average       |              |           | 485         | 37          | 808       | 6.68      | 4.41      | 452.7     | 5912       | 35.80      | *29        | 24.60     | 68.35    | 13.23     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *23.7%     | 20.3%     | 56.4%    | 24.6%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                           |         |      |     |    |      |      |      |       |      |       |       |       |       |       |
|---------------------------|---------|------|-----|----|------|------|------|-------|------|-------|-------|-------|-------|-------|
| Fri - 01/04/2019          |         |      |     |    |      |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch | Total   | 2600 |     |    |      |      |      |       |      |       |       |       |       |       |
| hot dog with bun^         | 1 each  | 1500 | 320 | 35 | 790  | 3.00 | 2.16 | 200.0 | 0    | 0.0   | 4     | 13.0  | 32.0  | 17.0  |
| chicken teriyaki^         | 4 EACH  | 500  | 130 | 35 | 560  | 0.00 | 1.44 | 40.0  | 100  | 0.0   | 6     | 15.0  | 9.0   | 3.5   |
| brown rice lmusda^        | 1/2 cup | 500  | 116 | 0  | 3    | 1.05 | 0.45 | 8.7   | 0    | 0.0   | *0    | 2.4   | 23.36 | 1.35  |
| Lion Cub Meal^            | 1 Each  | 600  | 386 | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 500  | 90  | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77  | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| vegetables stir fry       | 1/2 cup | 900  | 17  | 0  | 13   | 1.00 | 0.18 | 10.0  | 500  | 0.6   | 1     | 0.0   | 3.0   | 0.0   |
| fresh veggie mix          | 1/2 cup | 1000 | 19  | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2     | 1.02  | 3.74  | 0.14  |
| mandarin oranges^         | 1/2 cup | 1500 | 90  | 0  | 10   | 1.00 | 0.36 | 20.0  | 1250 | 27.0  | 22    | 1.0   | 23.0  | 0.0   |
| fortune cookie            | 1 each  | 2340 | 25  | 0  | 0    | 0.00 | 0.36 | 0.0   | 15   | 0.0   | 3     | 0.0   | 6.0   | 0.0   |
| dressing ranch light^     | 2 TBSP  | 1200 | 70  | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1     | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 450  | 20  | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                  | 1 TSP   | 225  | 0   | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| sweet & sour sauce^       | 1 TBSP  | 75   | 30  | 0  | 54   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 5     | 0.0   | 6.89  | 0.0   |
| soy sauce^                | 1/2 oz  | 75   | 10  | 0  | 1240 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1     | 1.0   | 1.0   | 0.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 533         | 43          | 1071      | 4.95      | 3.59      | 479.9     | 2922       | 38.81      | *36        | 21.11     | 75.57    | 17.05     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *27.2%     | 15.9%     | 56.8%    | 28.8%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Mon - 01/07/2019              |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|-------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch     | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| pizza sticks (2 sticks)^      | 2 EACH  | 1400 | 310     | 40 | 590  | 3.00 | 0.00 | 0.0   | 0    | 0.0   | 8      | 18.0  | 31.0  | 13.0  |
| chili w/ beef crumbles.       | 8 oz    | 600  | 220     | 17 | 1023 | 8.59 | 3.71 | 83.1  | 1073 | 9.3   | *3     | 14.28 | 30.25 | 4.56  |
| b&b whole sandwich( whlgrain) | 1 each  | 600  | 260     | 0  | 370  | 4.00 | 1.44 | 80.0  | 520  | 0.0   | 4      | 8.0   | 32.0  | 13.0  |
| Lion Cub Meal^                | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^               | 4 oz    | 300  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^          | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| fresh veggie mix              | 3/4 cup | 1000 | 28      | 0  | 30   | 2.03 | 0.85 | 29.7  | 2766 | 30.15 | 3      | 1.53  | 5.61  | 0.21  |
| spiced apples,warmed          | 1/2 cup | 1500 | 79      | 0  | 11   | 1.58 | 0.01 | 1.4   | 46   | 0.0   | 18     | 0.01  | 19.7  | 0.01  |
| marinara sauce cup^           | 2 oz    | 980  | 32      | 0  | 184  | 0.80 | 0.57 | 16.0  | 240  | 4.79  | 3      | 0.8   | 5.59  | 0.8   |
| dressing ranch light^         | 2 TBSP  | 800  | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| choc chip cookies w/lq egg    | 1 each  | 2340 | 129     | 12 | 80   | 0.96 | 0.52 | 5.5   | 368  | 0.0   | *7     | 1.57  | 16.54 | 6.69  |
| Weighted Daily Average        |         |      | 653     | 50 | 1159 | 8.95 | 3.38 | 370.3 | 3142 | 30.79 | *39    | 26.18 | 87.68 | 23.02 |
| % of Calories                 |         |      |         |    |      |      |      |       |      |       | *23.7% | 16.0% | 53.7% | 31.7% |
| Nutrient Guideline            |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

| Tue - 01/08/2019          |         |      |     |    |     |      |      |       |      |       |    |       |       |       |
|---------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|----|-------|-------|-------|
| Linn-Mar Elementary Lunch | Total   | 2600 |     |    |     |      |      |       |      |       |    |       |       |       |
| pancakes^                 | 2 EACH  | 1200 | 136 | 6  | 201 | 0.65 | 1.75 | 38.8  | 23   | 0.0   | 0  | 2.59  | 19.41 | 1.94  |
| smokies^                  | 3 EACH  | 1200 | 95  | 20 | 290 | 0.00 | 0.18 | 20.0  | 0    | 0.0   | 1  | 3.5   | 1.5   | 8.5   |
| mac & cheese^             | 6 oz    | 800  | 283 | 37 | 648 | 2.00 | 0.00 | 371.0 | 493  | 1.0   | 8  | 15.0  | 31.0  | 11.0  |
| Lion Cub Meal^            | 1 Each  | 600  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9 | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 300  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15 | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11 | 6.0   | 12.0  | 0.62  |
| tator tots^               | 9 each  | 1600 | 166 | 0  | 398 | 2.21 | 0.40 | 0.0   | 0    | 3.98  | 0  | 2.21  | 21.02 | 7.74  |
| fresh veggie mix          | 1/2 cup | 1000 | 19  | 0  | 20  | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2  | 1.02  | 3.74  | 0.14  |
| orange, fresh slices^     | 1/2 cup | 1500 | 46  | 0  | 0   | 2.36 | 0.10 | 39.3  | 221  | 52.27 | 9  | 0.92  | 11.54 | 0.12  |
| dressing ranch light^     | 2 TBSP  | 800  | 70  | 10 | 350 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1  | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 1000 | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4  | 0.0   | 5.0   | 0.0   |
| syrup, pancake^           | 2 tbsp  | 1200 | 50  | 0  | 55  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 7  | 0.0   | 13.0  | 0.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 551         | 38          | 1126      | 5.73      | 2.58      | 481.1      | 2300       | 55.88      | *27        | 18.75     | 74.25    | 18.66     |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *19.9%     | 13.6%     | 53.9%    | 30.5%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |

| Wed - 01/09/2019             |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch    | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| taco meat w/ beef crumbles^  | 3 oz    | 1800 | 135     | 30 | 211  | 0.66 | 2.18 | 24.7  | 467  | 2.59  | *2     | 12.83 | 5.27  | 7.04  |
| tortilla chips, 2 oz pkg^    | 2 oz    | 1800 | 270     | 0  | 210  | 3.00 | 0.72 | 80.0  | 100  | 0.0   | 0      | 4.0   | 38.0  | 14.0  |
| cheese cheddar shredded^     | 1 oz    | 1440 | 80      | 16 | 206  | 0.00 | 0.04 | 257.0 | 179  | 0.0   | *N/A*  | 7.71  | 0.57  | 5.19  |
| hoagie sub sandwich^         | 1 each  | 200  | 285     | 46 | 758  | 3.00 | 2.45 | 318.0 | 136  | 0.9   | *4     | 16.38 | 31.23 | 11.18 |
| Lion Cub Meal^               | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 300  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| ref beansw/salsa &cheese^    | 4 oz    | 900  | 112     | 4  | 495  | 5.18 | 1.64 | 105.9 | 679  | 7.58  | *1     | 5.95  | 14.43 | 3.0   |
| lettuce,shredded^            | 1/2 cup | 900  | 5       | 0  | 4    | 0.43 | 0.15 | 6.5   | 181  | 1.01  | *N/A*  | 0.32  | 1.07  | 0.05  |
| tomato fresh diced^          | 1/8 cup | 900  | 4       | 0  | 1    | 0.27 | 0.06 | 2.3   | 187  | 3.08  | 1      | 0.2   | 0.88  | 0.05  |
| pear 1/2 ^                   | 1/2s    | 1500 | 48      | 0  | 8    | 1.59 | 0.00 | 0.0   | 0    | 0.0   | 8      | 0.0   | 11.11 | 0.0   |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 500  | 53      | 3  | 300  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4      | 0.0   | 6.33  | 3.17  |
| ketchup^                     | 1 tbsp  | 50   | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 25   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 50   | 30      | 5  | 130  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2      | 0.0   | 3.0   | 2.0   |
| salsa cup^                   | 2 oz    | 500  | 10      | 0  | 70   | 0.00 | 0.36 | 0.0   | 100  | 2.4   | 1      | 0.0   | 2.0   | 0.0   |
| pickle slices^               | 2 EACH  | 150  | 0       | 0  | 90   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0      | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average       |         |      | 598     | 46 | 977  | 7.29 | 4.10 | 588.5 | 2149 | 21.60 | *22    | 28.46 | 70.46 | 24.20 |
| % of Calories                |         |      |         |    |      |      |      |       |      |       | *14.6% | 19.0% | 47.1% | 36.4% |
| Nutrient Guideline           |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Thu - 01/10/2019              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken, popcorn^             | 4 oz         | 1200      | 237         | 0           | 511       | 1.45      | 2.77      | 73.6      | 126        | 0.05       | 2          | 17.91     | 18.45    | 9.64      |
| b&b half sandwich( whlgrain)^ | 1 each       | 1200      | 130         | 0           | 185       | 2.00      | 0.72      | 40.0      | 260        | 0.0        | 2          | 4.0       | 16.0     | 6.5       |
| breakfast sandwich^           | 1 each       | 800       | 283         | 143         | 591       | 3.00      | 2.55      | 218.0     | 236        | 0.0        | *1         | 18.14     | 22.23    | 12.93     |
| Lion Cub Meal^                | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| mixed veggies, frozen^        | 1/2 cup      | 900       | 44          | 0           | 18        | 1.78      | 0.00      | 17.8      | 889        | 2.13       | 4          | 0.89      | 9.78     | 0.0       |
| fresh veggie mix              | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| fresh fruit salad^            | 1/2 cup      | 1500      | 39          | 0           | 6         | 0.86      | 0.24      | 9.9       | 625        | 19.89      | 9          | 0.6       | 9.81     | 0.18      |
| dressing ranch light^         | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                      | 1 tbsp       | 500       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                      | 1 TSP        | 180       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^            | 1 EACH       | 500       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| dressing honey mustard^       | 2 TBSP       | 100       | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| Weighted Daily Average        |              |           | 507         | 58          | 994       | 5.73      | 3.92      | 448.5     | 2911       | 35.67      | *26        | 25.78     | 62.68    | 17.25     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *20.6%     | 20.4%     | 49.5%    | 30.6%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 01/11/2019             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| corn dog, mini^              | 6 each       | 1500      | 271         | 40          | 412       | 5.03      | 1.81      | 150.8     | 0          | 0.0        | 5          | 10.05     | 30.16    | 12.06     |
| pretzel & cheese sauce^      | serving      | 500       | 241         | 31          | 565       | 2.62      | 1.57      | 240.5     | 427        | 1.05       | 2          | 12.06     | 28.4     | 9.23      |
| Lion Cub Meal^               | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potato wedge                 | 2 EACH       | 1800      | 178         | 0           | 391       | 2.67      | 0.68      | 10.3      | 0          | 4.7        | 0          | 0.89      | 23.11    | 8.89      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| strawberries fresh^          | 1/2 cup      | 1500      | 29          | 0           | 1         | 1.81      | 0.37      | 14.5      | 11         | 53.34      | 4          | 0.61      | 6.97     | 0.27      |
| dressing ranch light^        | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                     | 1 tbsp       | 750       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | TSP          | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^           | 1 EACH       | 500       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| honey dijon mustard dressing | 2 TBSP       | 50        | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| Weighted Daily Average       |              |           | 556         | 43          | 1107      | 8.39      | 3.42      | 465.9     | 2090       | 57.66      | *23        | 18.52     | 74.02    | 20.76     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *16.8%     | 13.3%     | 53.2%    | 33.6%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| <b>Mon - 01/14/2019</b>   |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| hamburger on a bun^       | 1 each       | 1200      | 300         | 30          | 510       | 4.00      | 3.60      | 240.0     | 100        | 1.2        | 5          | 20.0      | 33.0     | 11.0      |
| grilled cheese: 4 sl^     | 1 EACH       | 800       | 761         | 54          | 1532      | 4.00      | 1.54      | 392.0     | 2508       | 0.0        | *4         | 20.56     | 32.9     | 62.49     |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| baked beans^              | 1/2 cup      | 900       | 162         | 0           | 559       | 5.19      | 2.01      | 47.1      | 151        | 1.22       | 17         | 7.32      | 37.2     | 0.0       |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| apple fresh sliced in bag | 1/2 cup      | 1500      | 14          | 0           | 0         | 0.66      | 0.03      | 1.6       | 15         | 1.26       | 3          | 0.07      | 3.8      | 0.05      |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 100       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| pickle slices^            | 2 EACH       | 1000      | 0           | 0           | 90        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average    |              |           | 660         | 46          | 1425      | 7.35      | 4.24      | 588.8     | 2895       | 24.73      | *29        | 27.80     | 72.42    | 30.64     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *17.3%     | 16.8%     | 43.9%    | 41.8%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                           |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|---------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| <b>Tue - 01/15/2019</b>   |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
| Linn-Mar Elementary Lunch | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| chicken noodle soup^      | 8 oz    | 1200 | 89      | 28 | 713  | 0.58 | 0.54 | 9.7   | 30   | 0.66  | *0     | 9.99  | 5.58  | 3.01  |
| mini saltine crackers     | pouch   | 1200 | 50      | 0  | 60   | 1.00 | 0.36 | 20.0  | 500  | 0.0   | 0      | 1.0   | 7.0   | 1.5   |
| Pig in a blanket (19)     | 1 each  | 800  | 240     | 35 | 690  | 1.50 | 0.36 | 0.0   | 0    | 0.0   | 1      | 9.0   | 15.5  | 16.0  |
| Lion Cub Meal^            | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^           | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^      | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| peas and carrots^         | 1/2 cup | 900  | 4       | 0  | 5    | 0.27 | 0.06 | 5.3   | 889  | 10.67 | 0      | 0.09  | 0.36  | 0.0   |
| fresh veggie mix          | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| mandarin oranges^         | 1/2 cup | 1500 | 90      | 0  | 10   | 1.00 | 0.36 | 20.0  | 1250 | 27.0  | 22     | 1.0   | 23.0  | 0.0   |
| dressing ranch light^     | 2 TBSP  | 1200 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                  | 1 tbsp  | 400  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                  | 1 TSP   | 200  | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| Weighted Daily Average    |         |      | 410     | 39 | 1032 | 3.96 | 2.14 | 367.2 | 3267 | 42.60 | *30    | 18.11 | 54.82 | 13.32 |
| % of Calories             |         |      |         |    |      |      |      |       |      |       | *29.3% | 17.7% | 53.5% | 29.3% |
| Nutrient Guideline        |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                            | Portion Size    | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| <b>Wed - 01/16/2019</b>    |                 |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch  | Total           | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| pizza crunchers^           | 4 piece serving | 1300      | 420         | 30          | 790       | 5.00      | 2.15      | 426.0     | 480        | 1.87       | 3          | 20.0      | 41.0     | 20.0      |
| ham/cheese w pretzel roll^ | 1 each          | 400       | 262         | 43          | 471       | 3.00      | 2.18      | 107.8     | 136        | 0.59       | *2         | 15.49     | 29.72    | 9.14      |
| Lion Cub Meal^             | 1 Each          | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^            | 4 oz            | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^       | 1 each          | 1100      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| sweet potato fries^        | 4 oz            | 1600      | 200         | 0           | 250       | 2.00      | 0.36      | 20.0      | 3000       | 6.0        | 8          | 1.0       | 26.0     | 10.0      |
| fresh veggie mix           | 1/2 cup         | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| pineapple chunks^          | 1/2 cup         | 1100      | 65          | 0           | 0         | 0.82      | 0.29      | 16.4      | 82         | 9.81       | 16         | 0.82      | 17.99    | 0.0       |
| dressing ranch light^      | 2 TBSP          | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                   | 1 tbsp          | 800       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                   | 1 TSP           | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| Weighted Daily Average     |                 |           | 568         | 33          | 988       | 6.63      | 2.93      | 458.6     | 3966       | 31.41      | *24        | 19.92     | 72.04    | 22.88     |
| % of Calories              |                 |           |             |             |           |           |           |           |            |            | *17.1%     | 14.0%     | 50.7%    | 36.2%     |
| Nutrient Guideline         |                 |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
|------------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|
| <b>Thu - 01/17/2019</b>      |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch    | Total   | 2600 |     |    |     |      |      |       |      |       |       |       |       |       |
| chicken patty,breaded sw^    | 1 each  | 1200 | 340 | 43 | 620 | 4.12 | 3.63 | 228.8 | 98   | 0.0   | 5     | 24.13 | 43.37 | 8.63  |
| lasagna w/beef crumbles^     | 1 EACH  | 800  | 296 | 31 | 386 | 1.68 | 1.45 | 292.3 | 234  | 0.0   | *6    | 16.77 | 27.56 | 13.08 |
| garlic bread stick (19)      | 1 EACH  | 800  | 100 | 0  | 95  | 1.00 | 0.72 | 0.0   | 0    | 0.0   | 1     | 1.0   | 15.0  | 3.5   |
| Lion Cub Meal^               | 1 Each  | 600  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 500  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| lettuce with romaine         | 1/2 cup | 900  | 7   | 0  | 2   | 0.54 | 0.39 | 11.5  | 1344 | 3.08  | *0    | 0.51  | 1.26  | 0.1   |
| tomatoes, cherry             | 1/2 cup | 900  | 13  | 0  | 4   | 0.89 | 0.20 | 7.5   | 621  | 9.46  | *N/A* | 0.66  | 2.92  | 0.15  |
| fresh veggie mix             | 1/2 cup | 1000 | 19  | 0  | 20  | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2     | 1.02  | 3.74  | 0.14  |
| fresh fruit salad^           | 1/2 cup | 1500 | 39  | 0  | 6   | 0.86 | 0.24 | 9.9   | 625  | 19.89 | 9     | 0.6   | 9.81  | 0.18  |
| sugar cookies w/ lq egg      | 1 EACH  | 2470 | 117 | 17 | 103 | 0.74 | 0.48 | 4.5   | 1088 | 0.0   | *7    | 1.7   | 14.72 | 5.69  |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 1200 | 53  | 3  | 300 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4     | 0.0   | 6.33  | 3.17  |
| pickle slices^               | 2 EACH  | 900  | 0   | 0  | 90  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0     | 0.0   | 0.0   | 0.0   |
| ketchup^                     | 1 tbsp  | 360  | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 180  | 0   | 0  | 60  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 50   | 30  | 5  | 130 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2     | 0.0   | 3.0   | 2.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 630         | 58          | 1000      | 6.52      | 4.53      | 552.2     | 4183       | 38.84      | *34        | 28.63     | 84.73    | 20.41     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *21.7%     | 18.2%     | 53.8%    | 29.2%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Fri - 01/18/2019              |         |      |         |    |      |      |      |       |      |       |        |       |       |       |
|-------------------------------|---------|------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch     | Total   | 2600 |         |    |      |      |      |       |      |       |        |       |       |       |
| chicken nuggets^              | 5 each  | 1500 | 291     | 54 | 377  | 1.61 | 1.75 | 18.8  | 122  | 0.79  | 0      | 22.03 | 16.4  | 15.84 |
| shrimp poppers^               | 20 EACH | 500  | 180     | 45 | 530  | 3.00 | 1.44 | 40.0  | 100  | 0.0   | 1      | 9.0   | 21.0  | 7.0   |
| b&b half sandwich( whlgrain)^ | 1 each  | 2000 | 130     | 0  | 185  | 2.00 | 0.72 | 40.0  | 260  | 0.0   | 2      | 4.0   | 16.0  | 6.5   |
| Lion Cub Meal^                | 1 Each  | 600  | 386     | 28 | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^               | 4 oz    | 500  | 90      | 0  | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^          | 1 each  | 2340 | 77      | 5  | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| potatoes mashed^              | 1/2 cup | 1600 | 80      | 0  | 310  | 1.00 | 0.36 | 20.0  | 0    | 3.6   | 1      | 2.0   | 17.0  | 1.0   |
| gravy, chicken^               | 1 oz    | 1400 | 10      | 0  | 115  | 0.00 | 0.00 | 0.6   | 0    | 0.0   | *0     | 0.0   | 2.08  | 0.0   |
| fresh veggie mix              | 1/2 cup | 1000 | 19      | 0  | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| peach halves in pear juice^   | 1/2 cup | 1500 | 50      | 0  | 10   | 0.00 | 0.00 | 0.0   | 300  | 1.2   | 10     | 0.0   | 12.0  | 0.0   |
| dressing ranch light^         | 2 TBSP  | 1000 | 70      | 10 | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                      | 1 tbsp  | 600  | 20      | 0  | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                      | 1 TSP   | 25   | 0       | 0  | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| BBQ sauce, PC cup^            | EACH    | 750  | 45      | 0  | 360  | 0.00 | 0.00 | 0.0   | 0    | 2.4   | 8      | 0.0   | 10.0  | 0.5   |
| dressing honey mustard^       | 2 TBSP  | 225  | 50      | 0  | 240  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 8      | 0.0   | 12.0  | 0.0   |
| Weighted Daily Average        |         |      | 619     | 55 | 1282 | 5.76 | 3.45 | 402.1 | 2464 | 27.08 | *28    | 28.41 | 78.93 | 22.21 |
| % of Calories                 |         |      |         |    |      |      |      |       |      |       | *18.2% | 18.4% | 51.0% | 32.3% |
| Nutrient Guideline            |         |      | 550-650 |    | 1230 |      |      |       |      |       |        |       |       |       |

| Mon - 01/21/2019          |         |   |         |   |      |      |      |     |   |      |      |      |      |      |
|---------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|
| Linn-Mar Elementary Lunch | Total   | 1 |         |   |      |      |      |     |   |      |      |      |      |      |
| NO SCHOOL TODAY           | SERVING | 1 | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  |
| Weighted Daily Average    |         |   | 0       | 0 | 0    | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 |
| % of Calories             |         |   |         |   |      |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline        |         |   | 550-650 |   | 1230 |      |      |     |   |      |      |      |      |      |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Tue - 01/22/2019              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| F.T.Stick (3pc) E.Omelet (19) | 3 Sticks, 1  | 1200      | 320         | 320         | 520       | 2.00      | 2.72      | 132.0     | 600        | 0.0        | 9          | 16.0      | 30.0     | 15.0      |
| fish sw^                      | 1 EACH       | 700       | 340         | 35          | 440       | 5.00      | 2.52      | 220.0     | 0          | 0.0        | 5          | 18.0      | 47.0     | 10.0      |
| Lion Cub Meal^                | 1 Each       | 700       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| potatoes,smiley^              | 4 oz         | 1800      | 158         | 0           | 218       | 2.43      | 0.44      | 0.0       | 0          | 2.91       | 0          | 2.43      | 24.26    | 5.46      |
| fresh veggie mix              | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| grapes, red seedless^         | 1/2 cup      | 1500      | 61          | 0           | 2         | 0.82      | 0.26      | 12.7      | 91         | 3.63       | 15         | 0.57      | 15.56    | 0.32      |
| dressing ranch light^         | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                      | 1 tbsp       | 1200      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| syrup, pancake^               | 2 tbsp       | 1200      | 50          | 0           | 55        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 7          | 0.0       | 13.0     | 0.0       |
| tartar sauce^                 | 2 tbsp       | 500       | 100         | 5           | 300       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 5          | 0.0       | 7.0      | 7.0       |
| Weighted Daily Average        |              |           | 665         | 175         | 1118      | 6.78      | 3.90      | 479.7     | 2506       | 29.52      | *36        | 24.45     | 93.83    | 21.84     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *21.9%     | 14.7%     | 56.4%    | 29.5%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                                | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Wed - 01/23/2019               |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch      | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken strips^                | 4 EACH       | 1800      | 271         | 46          | 566       | 1.47      | 2.00      | 32.2      | 130        | 0.61       | 2          | 21.15     | 16.75    | 12.93     |
| rolls, hot^                    | 1.0 oz       | 1800      | 103         | 6           | 117       | 1.15      | 0.96      | 33.9      | 226        | 1.74       | *2         | 2.51      | 14.57    | 3.92      |
| SB & Grape Sand w/ C.Stick(19) | 1 EACH       | 200       | 390         | 15          | 500       | 4.00      | 5.00      | 227.0     | 200        | 0.0        | 11         | 15.0      | 34.0     | 21.0      |
| Lion Cub Meal^                 | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^                | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^           | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| baked beans^                   | 1/2 CUP      | 900       | 162         | 0           | 559       | 5.19      | 2.01      | 47.1      | 151        | 1.22       | 17         | 7.32      | 37.2     | 0.0       |
| fresh veggie mix               | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| apple, sliced w caramel^       | 1 EACH       | 2340      | 159         | 5           | 140       | 2.00      | 0.00      | 40.0      | 0          | 185.4      | 24         | 0.0       | 29.0     | 4.5       |
| dressing ranch light^          | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                       | 1 tbsp       | 1500      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                       | 1 TSP        | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| BBQ sauce, PC cup^             | EACH         | 300       | 45          | 0           | 360       | 0.00      | 0.00      | 0.0       | 0          | 2.4        | 8          | 0.0       | 10.0     | 0.5       |
| dressing honey mustard^        | 2 TBSP       | 300       | 50          | 0           | 240       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 0.0       | 12.0     | 0.0       |
| margarine cup^                 | 1 each       | 1500      | 20          | 0           | 30        | 0.00      | 0.00      | 0.0       | 200        | 0.0        | 0          | 0.0       | 0.0      | 2.0       |
| Weighted Daily Average         |              |           | 737         | 57          | 1437      | 7.81      | 4.52      | 455.7     | 2465       | 192.21     | *51        | 29.73     | 98.78    | 24.85     |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | *27.8%     | 16.1%     | 53.6%    | 30.3%     |
| Nutrient Guideline             |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                              | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Thu - 01/24/2019             |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch    | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| chicken patty,breaded sw^    | 1 each       | 1000      | 340         | 43          | 620       | 4.12      | 3.63      | 228.8     | 98         | 0.0        | 5          | 24.13     | 43.37    | 8.63      |
| spagh sauce w/ beef crum^    | 4 oz         | 1100      | 133         | 20          | 145       | 2.50      | 1.81      | 32.4      | 468        | 3.73       | 6          | 9.8       | 10.29    | 5.53      |
| rotini,whole grain,dry^      | 1/2 cup      | 1100      | 54          | 0           | 5         | 0.97      | 0.36      | 9.1       | 1          | 0.0        | *0         | 1.81      | 9.03     | 1.54      |
| garlic bread stick (19)      | 1 EACH       | 1100      | 100         | 0           | 95        | 1.00      | 0.72      | 0.0       | 0          | 0.0        | 1          | 1.0       | 15.0     | 3.5       |
| Lion Cub Meal^               | 1 Each       | 500       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^              | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^         | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| romaine lettuce^             | 1/2 cup      | 900       | 19          | 0           | 9         | 2.38      | 1.10      | 37.4      | 9877       | 4.54       | *N/A*      | 1.39      | 3.73     | 0.34      |
| cherry tomato^               | 1/8 cup      | 900       | 2           | 0           | 1         | 0.14      | 0.03      | 1.1       | 95         | 1.57       | 0          | 0.1       | 0.45     | 0.02      |
| fresh veggie mix             | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| fresh fruit salad^           | 1/2 cup      | 1500      | 39          | 0           | 6         | 0.86      | 0.24      | 9.9       | 625        | 19.89      | 9          | 0.6       | 9.81     | 0.18      |
| dressing variety Ra/Fr/Ital^ | 2 tbsp       | 1200      | 53          | 3           | 300       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 4          | 0.0       | 6.33     | 3.17      |
| ketchup^                     | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                     | 1 TSP        | 50        | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| pickle slices^               | 2 EACH       | 300       | 0           | 0           | 90        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       |
| mayo(salad dressing light)^  | 1 TBSP       | 150       | 30          | 5           | 130       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 2          | 0.0       | 3.0      | 2.0       |
| Weighted Daily Average       |              |           | 485         | 37          | 808       | 6.68      | 4.41      | 452.7     | 5912       | 35.80      | *29        | 24.60     | 68.35    | 13.23     |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *23.7%     | 20.3%     | 56.4%    | 24.6%     |
| Nutrient Guideline           |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Fri - 01/25/2019          |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| hot dog with bun^         | 1 each       | 1500      | 320         | 35          | 790       | 3.00      | 2.16      | 200.0     | 0          | 0.0        | 4          | 13.0      | 32.0     | 17.0      |
| chicken teriyaki^         | 4 EACH       | 500       | 130         | 35          | 560       | 0.00      | 1.44      | 40.0      | 100        | 0.0        | 6          | 15.0      | 9.0      | 3.5       |
| brown rice Imusda^        | 1/2 cup      | 500       | 116         | 0           | 3         | 1.05      | 0.45      | 8.7       | 0          | 0.0        | *0         | 2.4       | 23.36    | 1.35      |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 500       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| vegetables stir fry       | 1/2 cup      | 900       | 17          | 0           | 13        | 1.00      | 0.18      | 10.0      | 500        | 0.6        | 1          | 0.0       | 3.0      | 0.0       |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| mandarin oranges^         | 1/2 cup      | 1500      | 90          | 0           | 10        | 1.00      | 0.36      | 20.0      | 1250       | 27.0       | 22         | 1.0       | 23.0     | 0.0       |
| fortune cookie            | 1 each       | 2340      | 25          | 0           | 0         | 0.00      | 0.36      | 0.0       | 15         | 0.0        | 3          | 0.0       | 6.0      | 0.0       |
| dressing ranch light^     | 2 TBSP       | 1200      | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 450       | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| mustard^                  | 1 TSP        | 225       | 0           | 0           | 60        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | *N/A*      | 0.0       | 0.0      | 0.0       |
| sweet & sour sauce^       | 1 TBSP       | 75        | 30          | 0           | 54        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 5          | 0.0       | 6.89     | 0.0       |
| soy sauce^                | 1/2 oz       | 75        | 10          | 0           | 1240      | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 1.0       | 1.0      | 0.0       |
| Weighted Daily Average    |              |           | 533         | 43          | 1071      | 4.95      | 3.59      | 479.9     | 2922       | 38.81      | *36        | 21.11     | 75.57    | 17.05     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *27.2%     | 15.9%     | 56.8%    | 28.8%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                               | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Mon - 01/28/2019              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch     | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| pizza sticks (2 sticks)^      | 2 EACH       | 1400      | 310         | 40          | 590       | 3.00      | 0.00      | 0.0       | 0          | 0.0        | 8          | 18.0      | 31.0     | 13.0      |
| chili w/ beef crumbles.       | 8 oz         | 600       | 220         | 17          | 1023      | 8.59      | 3.71      | 83.1      | 1073       | 9.3        | *3         | 14.28     | 30.25    | 4.56      |
| b&b whole sandwich( whlgrain) | 1 each       | 600       | 260         | 0           | 370       | 4.00      | 1.44      | 80.0      | 520        | 0.0        | 4          | 8.0       | 32.0     | 13.0      |
| Lion Cub Meal^                | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^               | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^          | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| fresh veggie mix              | 3/4 cup      | 1000      | 28          | 0           | 30        | 2.03      | 0.85      | 29.7      | 2766       | 30.15      | 3          | 1.53      | 5.61     | 0.21      |
| spiced apples,warmed          | 1/2 cup      | 1500      | 79          | 0           | 11        | 1.58      | 0.01      | 1.4       | 46         | 0.0        | 18         | 0.01      | 19.7     | 0.01      |
| marinara sauce cup^           | 2 oz         | 980       | 32          | 0           | 184       | 0.80      | 0.57      | 16.0      | 240        | 4.79       | 3          | 0.8       | 5.59     | 0.8       |
| dressing ranch light^         | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| choc chip cookies w/lq egg    | 1 each       | 2340      | 129         | 12          | 80        | 0.96      | 0.52      | 5.5       | 368        | 0.0        | *7         | 1.57      | 16.54    | 6.69      |
| Weighted Daily Average        |              |           | 653         | 50          | 1159      | 8.95      | 3.38      | 370.3     | 3142       | 30.79      | *39        | 26.18     | 87.68    | 23.02     |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | *23.7%     | 16.0%     | 53.7%    | 31.7%     |
| Nutrient Guideline            |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| <b>Tue - 01/29/2019</b>   |              |           |             |             |           |           |           |           |            |            |            |           |          |           |
| Linn-Mar Elementary Lunch | Total        | 2600      |             |             |           |           |           |           |            |            |            |           |          |           |
| pancakes^                 | 2 EACH       | 1200      | 136         | 6           | 201       | 0.65      | 1.75      | 38.8      | 23         | 0.0        | 0          | 2.59      | 19.41    | 1.94      |
| smokies^                  | 3 EACH       | 1200      | 95          | 20          | 290       | 0.00      | 0.18      | 20.0      | 0          | 0.0        | 1          | 3.5       | 1.5      | 8.5       |
| mac & cheese^             | 6 oz         | 800       | 283         | 37          | 648       | 2.00      | 0.00      | 371.0     | 493        | 1.0        | 8          | 15.0      | 31.0     | 11.0      |
| Lion Cub Meal^            | 1 Each       | 600       | 386         | 28          | 642       | 6.84      | 3.31      | 313.4     | 3972       | 62.16      | *9         | 14.28     | 47.48    | 15.68     |
| yogurt variety^           | 4 oz         | 300       | 90          | 0           | 51        | 0.00      | 0.00      | 300.0     | 76         | 0.72       | 15         | 3.0       | 19.0     | 0.0       |
| milk vty half pints^      | 1 each       | 2340      | 77          | 5           | 110       | 0.00      | 0.45      | 225.0     | 375        | 0.9        | 11         | 6.0       | 12.0     | 0.62      |
| tator tots^               | 9 each       | 1600      | 166         | 0           | 398       | 2.21      | 0.40      | 0.0       | 0          | 3.98       | 0          | 2.21      | 21.02    | 7.74      |
| fresh veggie mix          | 1/2 cup      | 1000      | 19          | 0           | 20        | 1.35      | 0.57      | 19.8      | 1844       | 20.1       | 2          | 1.02      | 3.74     | 0.14      |
| orange, fresh slices^     | 1/2 cup      | 1500      | 46          | 0           | 0         | 2.36      | 0.10      | 39.3      | 221        | 52.27      | 9          | 0.92      | 11.54    | 0.12      |
| dressing ranch light^     | 2 TBSP       | 800       | 70          | 10          | 350       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 1          | 0.0       | 7.0      | 4.5       |
| ketchup^                  | 1 tbsp       | 1000      | 20          | 0           | 160       | 0.00      | 0.00      | 0.0       | 100        | 0.0        | 4          | 0.0       | 5.0      | 0.0       |
| syrup, pancake^           | 2 tbsp       | 1200      | 50          | 0           | 55        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 7          | 0.0       | 13.0     | 0.0       |
| Weighted Daily Average    |              |           | 551         | 38          | 1126      | 5.73      | 2.58      | 481.1     | 2300       | 55.88      | *27        | 18.75     | 74.25    | 18.66     |
| % of Calories             |              |           |             |             |           |           |           |           |            |            | *19.9%     | 13.6%     | 53.9%    | 30.5%     |
| Nutrient Guideline        |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

|                              |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
|------------------------------|---------|------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|
| <b>Wed - 01/30/2019</b>      |         |      |     |    |     |      |      |       |      |       |       |       |       |       |
| Linn-Mar Elementary Lunch    | Total   | 2600 |     |    |     |      |      |       |      |       |       |       |       |       |
| taco meat w/ beef crumbles^  | 3 oz    | 1800 | 135 | 30 | 211 | 0.66 | 2.18 | 24.7  | 467  | 2.59  | *2    | 12.83 | 5.27  | 7.04  |
| tortilla chips, 2 oz pkg^    | 2 oz    | 1800 | 270 | 0  | 210 | 3.00 | 0.72 | 80.0  | 100  | 0.0   | 0     | 4.0   | 38.0  | 14.0  |
| cheese cheddar shredded^     | 1 oz    | 1440 | 80  | 16 | 206 | 0.00 | 0.04 | 257.0 | 179  | 0.0   | *N/A* | 7.71  | 0.57  | 5.19  |
| hoagie sub sandwich^         | 1 each  | 200  | 285 | 46 | 758 | 3.00 | 2.45 | 318.0 | 136  | 0.9   | *4    | 16.38 | 31.23 | 11.18 |
| Lion Cub Meal^               | 1 Each  | 600  | 386 | 28 | 642 | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9    | 14.28 | 47.48 | 15.68 |
| yogurt variety^              | 4 oz    | 300  | 90  | 0  | 51  | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15    | 3.0   | 19.0  | 0.0   |
| milk vty half pints^         | 1 each  | 2340 | 77  | 5  | 110 | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11    | 6.0   | 12.0  | 0.62  |
| ref beansw/salsa &cheese^    | 4 oz    | 900  | 112 | 4  | 495 | 5.18 | 1.64 | 105.9 | 679  | 7.58  | *1    | 5.95  | 14.43 | 3.0   |
| lettuce,shredded^            | 1/2 cup | 900  | 5   | 0  | 4   | 0.43 | 0.15 | 6.5   | 181  | 1.01  | *N/A* | 0.32  | 1.07  | 0.05  |
| tomato fresh diced^          | 1/8 cup | 900  | 4   | 0  | 1   | 0.27 | 0.06 | 2.3   | 187  | 3.08  | 1     | 0.2   | 0.88  | 0.05  |
| pear 1/2 ^                   | 1/2s    | 1500 | 48  | 0  | 8   | 1.59 | 0.00 | 0.0   | 0    | 0.0   | 8     | 0.0   | 11.11 | 0.0   |
| dressing variety Ra/Fr/Ital^ | 2 tbsp  | 500  | 53  | 3  | 300 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 4     | 0.0   | 6.33  | 3.17  |
| ketchup^                     | 1 tbsp  | 50   | 20  | 0  | 160 | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4     | 0.0   | 5.0   | 0.0   |
| mustard^                     | 1 TSP   | 25   | 0   | 0  | 60  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A* | 0.0   | 0.0   | 0.0   |
| mayo(salad dressing light)^  | 1 TBSP  | 50   | 30  | 5  | 130 | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 2     | 0.0   | 3.0   | 2.0   |
| salsa cup^                   | 2 oz    | 500  | 10  | 0  | 70  | 0.00 | 0.36 | 0.0   | 100  | 2.4   | 1     | 0.0   | 2.0   | 0.0   |
| pickle slices^               | 2 EACH  | 150  | 0   | 0  | 90  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 0     | 0.0   | 0.0   | 0.0   |

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# Linn-Mar Community Schools

Nov 1, 2018 thru Jan 31, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 598         | 46          | 977       | 7.29      | 4.10      | 588.5     | 2149       | 21.60      | *22        | 28.46     | 70.46    | 24.20     |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *14.6%     | 19.0%     | 47.1%    | 36.4%     |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |

| Thu - 01/31/2019              |         |      |         |     |      |      |      |       |      |       |        |       |       |       |
|-------------------------------|---------|------|---------|-----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Linn-Mar Elementary Lunch     | Total   | 2600 |         |     |      |      |      |       |      |       |        |       |       |       |
| chicken, popcorn^             | 4 oz    | 1200 | 237     | 0   | 511  | 1.45 | 2.77 | 73.6  | 126  | 0.05  | 2      | 17.91 | 18.45 | 9.64  |
| b&b half sandwich( whlgrain)^ | 1 each  | 1200 | 130     | 0   | 185  | 2.00 | 0.72 | 40.0  | 260  | 0.0   | 2      | 4.0   | 16.0  | 6.5   |
| breakfast sandwich^           | 1 each  | 800  | 283     | 143 | 591  | 3.00 | 2.55 | 218.0 | 236  | 0.0   | *1     | 18.14 | 22.23 | 12.93 |
| Lion Cub Meal^                | 1 Each  | 600  | 386     | 28  | 642  | 6.84 | 3.31 | 313.4 | 3972 | 62.16 | *9     | 14.28 | 47.48 | 15.68 |
| yogurt variety^               | 4 oz    | 300  | 90      | 0   | 51   | 0.00 | 0.00 | 300.0 | 76   | 0.72  | 15     | 3.0   | 19.0  | 0.0   |
| milk vty half pints^          | 1 each  | 2340 | 77      | 5   | 110  | 0.00 | 0.45 | 225.0 | 375  | 0.9   | 11     | 6.0   | 12.0  | 0.62  |
| mixed veggies, frozen^        | 1/2 cup | 900  | 44      | 0   | 18   | 1.78 | 0.00 | 17.8  | 889  | 2.13  | 4      | 0.89  | 9.78  | 0.0   |
| fresh veggie mix              | 1/2 cup | 1000 | 19      | 0   | 20   | 1.35 | 0.57 | 19.8  | 1844 | 20.1  | 2      | 1.02  | 3.74  | 0.14  |
| fresh fruit salad^            | 1/2 cup | 1500 | 39      | 0   | 6    | 0.86 | 0.24 | 9.9   | 625  | 19.89 | 9      | 0.6   | 9.81  | 0.18  |
| dressing ranch light^         | 2 TBSP  | 800  | 70      | 10  | 350  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 1      | 0.0   | 7.0   | 4.5   |
| ketchup^                      | 1 tbsp  | 500  | 20      | 0   | 160  | 0.00 | 0.00 | 0.0   | 100  | 0.0   | 4      | 0.0   | 5.0   | 0.0   |
| mustard^                      | 1 TSP   | 180  | 0       | 0   | 60   | 0.00 | 0.00 | 0.0   | 0    | 0.0   | *N/A*  | 0.0   | 0.0   | 0.0   |
| BBQ sauce, PC cup^            | 1 EACH  | 500  | 45      | 0   | 360  | 0.00 | 0.00 | 0.0   | 0    | 2.4   | 8      | 0.0   | 10.0  | 0.5   |
| dressing honey mustard^       | 2 TBSP  | 100  | 50      | 0   | 240  | 0.00 | 0.00 | 0.0   | 0    | 0.0   | 8      | 0.0   | 12.0  | 0.0   |
| Weighted Daily Average        |         |      | 507     | 58  | 994  | 5.73 | 3.92 | 448.5 | 2911 | 35.67 | *26    | 25.78 | 62.68 | 17.25 |
| % of Calories                 |         |      |         |     |      |      |      |       |      |       | *20.6% | 20.4% | 49.5% | 30.6% |
| Nutrient Guideline            |         |      | 550-650 |     | 1230 |      |      |       |      |       |        |       |       |       |

|                  |  |  |     |    |      |      |      |       |      |       |        |       |       |       |
|------------------|--|--|-----|----|------|------|------|-------|------|-------|--------|-------|-------|-------|
| Weighted Average |  |  | 572 | 53 | 1086 | 6.47 | 3.59 | 466.3 | 3080 | 40.64 | *31    | 23.93 | 75.54 | 19.95 |
|                  |  |  |     |    |      |      |      |       |      |       | *48.6% | 16.7% | 52.8% | 31.4% |

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Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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| Nutrient         | Menu AVG | Portion Size | Reimb Qty     | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg)               | Calc (mg) | Vit-A (IU)                            | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|-----------|---------------------------------------|------------|------------|-----------|----------|-----------|
|                  |          | % of Cals    | Weekly Target | % of Target | Miss Data   | Shortfall | Overage   | Error Messages (if any) |           |                                       |            |            |           |          |           |
| Calories         | 572      |              | 550 - 650     | 100%        |             |           |           |                         |           |                                       |            |            |           |          |           |
| Cholesterol (mg) | 53       |              |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Sodium 1 (mg)    | 1086     |              | 1230          |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Sodium 2 (mg)    | 1086     |              | 935           |             |             |           |           |                         | 151       | Correction Required - Sodium too High |            |            |           |          |           |
| Fiber (g)        | 6.47     |              |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Iron (mg)        | 3.59     |              |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Calcium (mg)     | 466.3    |              |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Vitamin A (IU)   | 3080     |              |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Sugars (g)       | 31       | 21.59%       |               |             | Missing     |           |           |                         |           |                                       |            |            |           |          |           |
| Vitamin C (mg)   | 40.64    |              |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Protein (g)      | 23.93    | 16.74%       |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Carbohydrate (g) | 75.54    | 52.84%       |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |
| Total Fat (g)    | 19.95    | 31.40%       |               |             |             |           |           |                         |           |                                       |            |            |           |          |           |

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